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THE PORTUGAL News

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Food for thought

In recent years, child obesity has exploded to the forefront of the nation's worries and has fast became a prominent European concern. But a quick glance at Portuguese canteens proves that Europe can learn a lot from a trip to a school here. (See P. 2)

Portugal goes big in Britain

This week the country's biggest tourism-attracting campaign to date has been launched in the UK. The unprecedented campaign will come at a cost of 1.6 million euros. (See P. 3)

Police paedophile crackdown

Three hundred detectives from the Polícia Judiciária (PJ) this week conducted nationwide searches on an unprecedented scale in 75 homes and offices, as part of an international crack-down on paedophilia, initiated on Monday by Interpol. (See P. 5)

Britain or Mugabe, Brown tells Lisbon

British Prime Minister Gordon Brown has this week toughened his stance against the eventual participation of Zimbabwean President Robert Mugabe at the Europe-Africa summit Lisbon hosts in December, saying no British minister would attend if the African leader came to the Portuguese capital in December. (See P. 8)

Reader survey

Don't miss the unique opportunity to tell Portuguese politicians, banks and businesses what you think of them! To 'cast' your vote, see P. 12.

Weekend weather

Lisbon: Saturday: Mostly Sunny, high of 25º Sunday: Partly Cloudy, high of 24º. **Faro:** Saturday: Mostly Sunny, high of 25º Sunday: Partly Cloudy, high of 24º. **Oporto:** Saturday: Sunny, high of 22º Sunday: Partly Cloudy, high of 21º.

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Deficit could fall within EU limits a year in advance

BUOYANT BUDGET UNVEILED

The 2008 draft budget proposal has been approved by the government during a Council of Ministers meeting held yesterday. But this Friday, opposition MPs will receive their respective copies of the Finance Minister's plans for the coming year, which they will be asked to vote on later this month.

Budget, see p.9

Prime Minister José Sócrates on his arrival at the Frei Heitor Pinto Secondary School in Covilhã on Tuesday for the European 'Back to School' initiative. (Photo: Lusa / António José)

Food for thought

In 2005 the British government pledged to revamp school meals after celebrity chef Jamie Oliver highlighted the country's bad eating habits and poor nutritional intake when he paired up with dinner lady Nora Sands to improve school food in the borough of Greenwich. Child obesity exploded to the forefront of the nation's worries and fast became a prominent European concern. But a quick glance at Portuguese canteens proves that Europe can learn a lot from a trip to a school here.

Jamie Oliver's 'Jamie's School Dinners - Feed Me Better' campaign proved so successful that they resulted in a national outcry, with over 300,000 signatures forming a petition that drove the government to invest £280 million in a three-year school-dinner improvement plan. Out went fish fingers and baked beans, fish and chips, sponge puddings and custard, and in came major changes. Training for school catering staff, proper kitchen buildings and facilities, and healthy, fresh ingredients were subsidised until 2011, under the direction of The School Trust Fund.

Here in Portugal, school meals have also been put in the spotlight over the past year or so, but not quite to the extent of those in the UK.

Britain's track record for using fresh, wholesome ingredients pales significantly when compared to Portugal's schools, whose canteens have probably never seen a tin of baked beans or frozen chips.

For decades Portugal's school canteens have followed traditional, homemade southern recipes, much like those children are fed at home, and in some cases, even better. School meals are either pre-prepared locally using municipal facilities and promptly distributed, or are prepared in school canteens.

Since the beginning of school meals in Portugal, soup has featured on most, if not all of them. Everyday, children across the country sit down to a bowl of soup as a starter to their meal, which is freshly prepared.

One of the UK's biggest changes in school meals is the introduction of at least two pieces of fresh fruit or vegetables per meal, something, again, which Portugal has being offering for decades.

Even so, media heavyweights like consumer watchdog DECO have underlined the need for more control in Portuguese schools, despite child obesity in Portugal not being as hotly discussed as in the UK.

In 2005, DECO carried out a survey of foods available in schools across Portugal and came to the conclusion that whilst canteen meals were balanced, more control was needed in school bars and buffets.

Canteen food was only slightly criticised for opting rather frequently for fried fish as opposed to grilled, or foods with sauces.

DECO put to the government 12 suggestions to improve school meals, like reducing vending machines, altering canteen menus and reducing the publicity of products that are rich in fat, sugar or salt during children's TV programmes.

Along with other national studies and specialist input, the General Board for Innovation and Curricular Progress developed and published the 'Guidebook to Creating Healthy Food', which was supplied to schools in an effort to improve canteen cuisine, as well as general food supplied in establishments of education.

Specific recommendations were made, and as a result, so were a number of changes.

Vending machines were reduced, sugary and artificially enhanced products restricted in snack bars, replaced by healthier foods, such as yoghurts and fresh fruit shakes using half-fat milk. White bread was recommended to be replaced with a variety of browns and whole-wheat, and, whenever possible, it was suggested fresh vegetables be included in sandwiches, like tomato and lettuce.

As an example, **The Portugal News** looked closer at Escola E.B. 2/3 Jacinto Correia in Lagoa, the Algarve.

Its weekly menu reflects most menus around the country, with soup as a starter everyday, fish and meat served as main meals on alternative days, fresh salad or plain boiled vegetables as accompaniments, as well as rice or pasta, and a piece of washed fresh fruit for dessert. Meats are simply oven-roast or grilled, fish boiled, baked or, more seldom, fried. During winter it is common for the school to opt for filling casseroles and stews like '*Jardineiras*' or fish '*Caldeiradas*'.

Last year Lagoa served 116,241 meals from its eight primary schools alone. As a municipality it was granted €87,046.40 for its school meals, which included covering the cost of labour, ingredients and distribution.

In Portugal each school meal costs the government an average €2.22, of which the student pays €1.42, with the exception of needy students with full school grants, for whom the government foots the bill.

In the UK around 3.25 million school meals are served on a daily basis, costing between £1.54 (€2.22) and £1.95 (€2.81) in primary schools, and £1.62 (€2.33) and £2.10 (€3.03) in secondary schools.

In Greenwich, where Jamie Oliver piloted his school dinner revolution scheme, all schools have signed up to the council's meals service following the borough's pioneering work to remove processed ingredients from its school menus.

After a radical transformation of the menus during the school year 2004/5, all meals are now cooked each day from fresh ingredients; the only packaged foods still used are tinned tomatoes for sauces and the occasional serving of frozen peas.

However, it appears that whilst Portugal has stuck to its traditionally simple menu of soup, a meal and fruit, the UK endeavours to follow trendier, more sophisticated menus, which perhaps youngsters do not fully appreciate.

The intention of making food fun and interesting, as well as varied and rather exotic is a good one, but do children need such elaboration?

Always politically aware, the UK widely offers non-meat and other specially confectioned options for 'special needs' pupils, whether this is due to religion, produce-intolerance, or illness, but what about standard menus for regular pupils?

Roast beef with Yorkshire pudding, baton carrots and mandarin cheesecake, Naan bread, chicken curry, traditional British desserts and organic vegetables all feature on school menus, as do sweet and sour chicken, chilli beef fajitas, tuna arabbiatta, and sweet potato and lentil korma, in Greenwich. Admittedly, the meals are accompanied with a mixed leaf salad or fluffy white rice, but fruit only appears twice in one week (fruit salad, and fruit and biscuit). On other days meals end with chocolate sponge, creamed rice, or sponge and custard.

Not withstanding the UK's child obesity problem, Portugal is currently reigning amongst the European countries with most overweight children, something that appears to significantly affect EU-state-members with Mediterranean diets, others being Malta, Spain and Italy.

In Portugal, 31 per cent of nine to 16-year-olds are overweight, as are 30 per cent of seven to 11-year-olds, an average of one in three children being overweight.

Fifty to eighty per cent of these will become obese adults.

In the UK, two million children are classed as overweight, whilst 700,000 are clinically obese, translating as one in seven primary school pupils.

Health effects are being greatly felt on both country's national health budgets, with Portugal's obesity costing the country around 3.5 per cent of its overall public health expenditure (calculated to be approximately €14.5 million euro, in 2005). Obesity and related diseases cost the UK £3.5 billion, on average, with that total expected to rise to £4.5 billion in the next three years, should obesity patterns remain unchanged.

Portuguese Health Minister Correia de Campos has waged war on obesity and enlisted the help of the ministry of Health and of Education in battling the epidemic by creating specific goals in a National Health Plan. He considered the National Health Plan, which is defined until 2010, a primary instrument in tackling child obesity.

It is also suggested that vending machines in schools will be completely banned, as has happened in Germany and is set to occur in the near future in France and the United Kingdom.

Globally, in Europe there are now 400 million overweight individuals, 150 million clinically are obese, 17 million of which are children. *Carrie-Marie Bratley*

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Publisher: Paul Luckman publisher@the-news.net
Editor: Brendan de Beer newsdesk@the-news.net
Production Drctr: Madeline Luckman copy@the-news.net
Algarve News: Carrie-Marie Bratley
Events: Raquel Salbany
Preview: Nikki Hall
Travel: Sherry Hughes
Columnists: Patricia Westheimer
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Area Managers:
Bella Talhadas 914 393 736 *(Lisbon, Estoril, Cascais, Sintra)*
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Portugal goes big in Britain

This week, the country's biggest tourism-attracting campaign to date has been launched in the UK, unveiled in London by the Portuguese State Secretary for Tourism, Bernardo Trindade, and the head of Portugal's Tourist Board, Luís Patrão.

The mega-campaign is said to have cost some seven million euros and targets six different countries – Germany, Spain, France, Sweden, Finland, and the UK. Of this, the UK campaign alone swallows a 1.6 million euro slice of the overall budget, and will see the Algarve being promoted on 1,000 *mupis* (free-standing promo-boards) around the streets, subway and railway stations of London, Manchester and Birmingham.

Extra publicity will be seen on 500 taxis, on the Internet, and search engines like Google.

The UK campaign further incorporates advertising in UK newspapers and magazines, as well as a simultaneous promotional event to be staged at Harrods, where clients can learn more about Portugal whilst at the same time trying typical Portuguese produce.

Harrods's Magazine is also to run a brochure that will be all about Portugal.

Photo above right: A campaign poster promoting Portugal in Waterloo's tube station. (Photo: Lusa / Estela Silva)

Low cost airlines lead the way in Portugal

More than 20 low cost airlines now fly from Portuguese airports, and this number continues to grow. As of the 28th of this month, Lisbon airport will be host to 12 low-cost airlines, and Oporto will introduce new companies and new routes.

Eight low-cost companies currently operate from Oporto, which will soon be connected to Milan (Malpensa) courtesy of new-introduction Volare web.com, and three new routes, to Stockholm, Pisa and Valencia, will also soon be available through Ryanair.

Lisbon will be expanding its routes with the arrival of its newest low-cost airline SkyEurope, which will be flying to Vienna, as well as introducing a new route to Seville, as of December, courtesy of Spanish company Vueling.

Easyjet will be broadening Portugal's horizons by increasing its flights to London (Gatwick), Bristol, Liverpool and Madrid, from Lisbon. From Oporto the company will fly to new destinations Geneva and Basileia, as well as inaugurating its newest route to Funchal (Madeira) from London Stansted and Bristol.

According to data from ANA – Airports of Portugal – low-cost airlines now make up more than 27 per cent of all national air traffic.

Easyjet is the company with greatest growth in the Portuguese market, dominating 46 per cent by August this year and is the second largest airline operating from Lisbon, after national carrier TAP.

TAP also leads in flights to and from Oporto, followed closely by Ryanair.

In the south of Portugal, Faro airport is dominated by low-cost carriers, being led by easyJet, Monarch and Transavia, with TAP taking fourth place in movement figures.

Between January and August this year, Lisbon airport saw a passenger movement of more than 2.8 million people, almost ten per cent more than in the same period of the previous year.

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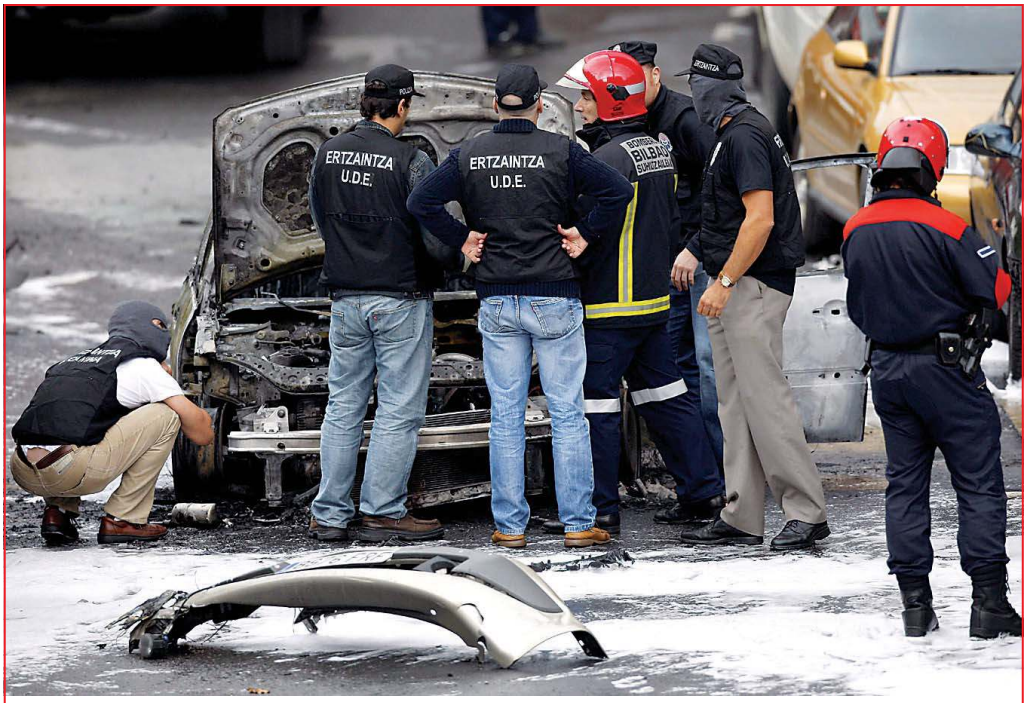

Fire fighters and members of Basque Autonomous Police 'Ertzaintza' look at the car of Gabriel Gines, bodyguard of Socialist Party Counsellor in Galdakao, Vizcaya, Juan Carlos Domingo, after the explosion of a bomb attached to his vehicle in Bilbao, Basque Country on Tuesday. Gines was injured in the attack, suffering burns. This was the first attack of ETA terrorist group after the arrest of Batasuna's leaders last week by order of Spanish judge Baltasar Garzon. (Photo: EPA/Chema Moya)

ETA bomb threat in Faro

On Monday an employee of the Jornal do Algarve regional newspaper received a phone call from an anonymous individual speaking Spanish and French, and reportedly claiming that a bomb was to be set off in Faro, by Basque terrorist group ETA.

Civil Governor Isilda Gomes has since said she believes the call was a false alarm and that the population should not be frightened. Even so all emergency safety measures were immediately activated, entailing all of the region's forces, due to "security reasons".

Maritime authorities, Faro airport security, all police forces (PSP, PJ, GNR) and even SEF Border and Immigration Control officials were put on alert following a security coordination meeting.

Twenty-four hours later prevention and surveillance measures were still being carried out.

Despite the extensive emergency procedures that were activated in and around Faro, directors of the city's airport said they were not informed nor were they even aware there had been a bomb threat.

Fernando Reis, director of the Jornal do Algarve, which has covered the region for more than 50 years, told how the employee who took the call described the caller's voice as 'middle-aged' and 'serene'.

"He didn't specify a time or date, he just said that a bomb would go off in Faro", he said.

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Financial ministers debate market turbulence

Portugal's finance minister this week chaired a meeting of European Union counterparts with an agenda that was centred on the turmoil in international financial markets, and the financing of the bloc's proposed Galileo global positioning system.

The discussions in Luxembourg follow a meeting of the Euro Zone's 13 finance ministers on Monday, in which the ministers welcomed Washington's reaffirmation that it wanted a stronger dollar, and urged China to allow its currency to float freely to bring "the necessary adjustments" in exchange rates.

The Euro Zone ministers also announced they would send a delegation to Beijing before the year's end, to discuss macroeconomic policy issues with Chinese authorities.

Arriving to preside over Tuesday's EU-wide meeting, Finance Minister Fernando Teixeira dos Santos said the current turbulence in financial markets, triggered by the crisis in the US sub-prime market, has not seriously impacted Portuguese exporters.

Noting that Portuguese exports are primarily destined for EU partners, Teixeira dos Santos said the sector was "not directly and significantly subject to exchange rate fluctuations", provoked by the weakening US dollar.

TPN/Lusa

Working conditions: 80% satisfaction among working Europeans

In spite of rising stress levels and ever tighter deadlines, Europeans feel good about work. This is the conclusion from the 4th EU working conditions survey carried out by the foundation for the improvement of living and working conditions. The survey is based on interviews with some 30,000 workers from the 27 EU countries, as well as Turkey, Croatia, Switzerland and Norway.

While opinions vary widely depending on the country, sector, type of worker and age, on the whole workers are satisfied with their work-life balance and find their work interesting.

Since the last survey, fewer Europeans think their work puts their health and safety at risk. There are still many work-related health problems, in particular tiredness and stress.

The fight for gender equality is far from over, in terms of either salaries or hours worked. Women, even working part-time, are putting in more hours (including domestic chores) than men working full-time.

Fight against intolerance, xenophobia debated in Lisbon

The fight against intolerance and the promotion of human rights, especially for immigrant communities in the Euro-Mediterranean region, were the focus of an international conference that concluded last Thursday in Lisbon under the aegis of the Portuguese EU presidency.

A spokeswoman for Portugal's Institute of Strategic International Studies (IEEI), an organizer of the two-day event, told Lusa recommendations from the conference are to be presented for consideration at upcoming EU ministerial meetings.

"This year the conference was centred on the issue of human rights, above all as regards the phenomenon of migrations and the increase in xenophobia and intolerance in the Euro-Mediterranean region", IEEI's Maria João Seabra said.

Among other aspects of the problem, Mr Seabra said the debate focused on how immigrant communities, themselves, could be "agents for integration".

The annual EuroMeSCo conference, organised under the Euro-Mediterranean Partnership, gathers government officials, politicians and specialists from the EU and Mediterranean-rim countries.

TPN/Lusa

Police crackdown on Portuguese paedophile suspects

Three hundred detectives from the Polícia Judiciária (PJ) this week conducted nationwide searches on an unprecedented scale in 75 homes and offices, as part of an international crack-down on paedophilia, initiated on Monday by Interpol.

Carlos Cabreiro, CID co-ordinator and Inspector Rosa Mota, PJ co-ordinator, present the results of operation 'predador', which took place all day Tuesday in different parts of the country. (Photo: Lusa / Miguel A. Lopes)

Code-named 'Operation Predator', and with the assistance of 300 PJ detectives, individuals with images of child pornography on their computers were swooped upon.

The operation was conducted with European cooperation.

Portuguese investigators and their European counterparts swapped information, though it was planned essentially by Portugal's PJ.

Investigations are said to have been going on for the past six months.

All 80 individuals have been identified, though none, as yet, have been made official suspects. Whether or not this happens will depend on results from inspections to be carried out in the next few days on 150 computers that are now in police possession, 69 taken from domestic residences, six taken from offices.

To be made a suspect, the individuals must be found to have a 'shared files' programme, likened to those of Emule and BBS, on their machines, through which child pornography is broadcast and watched, as well as having pornographic images of children.

According to police sources, the majority of those identified during the sweep are male and over 25 years of age.

Despite targeting all of continental Portugal, Madeira and the Azores, 'Operation Predator' particularly concentrated on the greater Lisbon area.

Operation Predator followed within hours of Interpol making a public worldwide request for assistance in identifying a man photographed sexually abusing children in a series of images posted on the Internet, the first time the organisation has made such an appeal.

Although the original photographs had been digitally altered by him or his accomplices to disguise his face, specialists from the Bundeskriminalamt (BKA) in Germany working with Interpol's Trafficking in Human Beings unit have been able to produce an identifiable picture.

Despite extensive global efforts to identify and locate this individual through Interpol's network of 186 National Central Bureau and specialist units, the man's identity and nationality still remain unknown.

"For years images of this man sexually abusing children have been circulating on the Internet. We have tried all other means to identify and to bring him to justice, but we are now convinced that without the public's help this sexual predator could continue to rape and sexually abuse young children, whose ages appear to range from six to early teens," said INTERPOL Secretary General Ronald K. Noble.

"We have very good reason to believe that he travels the world in order to sexually abuse and exploit vulnerable children, and as an 186-member country police organization, INTERPOL is uniquely positioned to co-ordinate this global effort to identify and bring him to justice," added Mr Noble.

The search for the individual has been codenamed Vico after analysis of the photographs, around 200 in total featuring 12 different young boys, established that the pictures were taken in Vietnam and Cambodia.

"The decision to make public this man's picture was not one which was taken lightly, but after thoughtful consideration, and with the full agreement of experts from Interpol's member countries dedicated to fighting this appalling criminal activity," said Kristin Kvigne, Assistant Director of Interpol's Trafficking in Human Beings Unit.

Optimism from unlikely source that Lisbon Treaty will be approved next week

Polish President Lech Kaczynski makes a point during his press conference at the European American Press Club, in Paris on Monday. Kaczynski was on a State visit to France. (EPA/ Horácio Villalobos)

President Lech Kaczynski of Poland was upbeat this week over the chances of approving the EU's new treaty next week at a European leaders' summit in Lisbon, but warned that Warsaw has the right to defend its interests in negotiations to finalise Europe's new rulebook.

Speaking in Paris after meeting French counterpart Nicolas Sarkozy, Poland's president said he remained "very optimistic" the EU's new Reform Treaty would be endorsed by the bloc's member states at an informal leaders' summit beginning October 18.

Kaczynski put the chances of reaching an agreement on the text of the new treaty in Lisbon at "more than 95 percent", adding unresolved issues are purely "questions of detail."

The Polish government continues to demand the inclusion of a decision-blocking mechanism into the Reform Treaty and also wants an advocate-general at the European Court of Justice.

On the issue of EU voting rights, President Kaczynski said the position of Lisbon's EU presidency has been "encouraging", noting that the bloc's new voting system based on population, due to enter force in 2014, does not apply to Poland until 2017, a timetable considered "satisfactory" by Warsaw.

Poland, holding parliamentary polls October 21, is the EU member state that has put up the strongest opposition to the bloc's new treaty text and there have been fears Warsaw could renew its opposition to the treaty at the upcoming Lisbon summit.

Kaczynski said he would have preferred the EU summit of heads of state and government not to have occurred so close to his country's polls, adding he thought it unlikely Poland was prepared to stymie ratification of the Reform Treaty.

Meanwhile, European Commission chief José Manuel Barroso has said he remains confident that Poland's leaders will approve the Reform Treaty next week, transmitting the will of the Polish people for "closer European integration."

"Poland today is one of the states most in favour of European integration," Barroso said Monday at a meeting of heads of foreign relations committees from the EU's 27 parliaments in Lisbon.

Apparent opposition in Warsaw to the Reform Treaty is "politically inflated" and not a true reflection of Polish public opinion, the EU chief added.

"I'm confident that an accord will be reached. I have also worked to this end. I want to congratulate Lisbon's EU presidency for all its efforts" to broker an agreement on the new treaty, said Mr Barroso.

"I think it would not be in the interest of any state, and certainly not Poland's, if there was fresh deadlock (in approval of the treaty)."

Later Monday in London, British Prime Minister, Gordon Brown said he was working hard to ensure that the UK's opt-outs on the Reform Treaty in areas such as policing and social security are written "into the detail of the forthcoming EU treaty."

"If these 'red lines' are not protected, the UK will veto the treaty or else stage a referendum" on the issue, Mr Brown said at his monthly Downing St. press conference. *TPN/Lusa*

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No British minister in Lisbon if Mugabe present at Lisbon summit - PM Brown

British Prime Minister Gordon Brown leaves his official residence, 10 Downing Street, Whitehall on his way to the House of Commons on Monday to deliver a statement on Iraq outlining British troop withdrawals. Earlier he faced a grilling at the monthly Downing Street press conference, which was dominated by his decision to pull back from the brink of calling a general election. (Photo: EPA/Will Wintercross)

British Prime Minister Gordon Brown has this week toughened his stance against the eventual participation of Zimbabwean President Robert Mugabe at the Europe-Africa summit Lisbon is hosting in December, saying no British minister would attend if the African leader came.

"If Mugabe goes [to Lisbon], I certainly will not be present and neither will any cabinet minister", Prime Minister Brown said in a reply to a question by Lusa at his monthly news conference.

"We do not accept sitting at the same table with persons that tolerate the abuse of human rights and allow the people of Zimbabwe to sink in their poverty and watch their integrity destroyed", he added.

Mr Brown's response appeared to be a hardening of London's stance after he threatened a personal boycott of the APEX meeting last month if the Zimbabwean president came to Lisbon, despite EU travel sanctions.

TPN/Lusa

PM Sócrates says Lisbon assured, despite UK aversion to Mugabe

Portuguese Prime Minister José Sócrates, downplaying London's threat to boycott the Europe-Africa summit planned for Lisbon, has praised Britain's "extraordinary" support for the Portuguese EU presidency's efforts to draft a Reform Treaty for the bloc and to re-launch relations with Africa.

Prime Minister Sócrates' applause for Britain's diplomatic support Monday came only hours after Prime Minister Gordon Brown said in London that neither he nor any senior minister of his cabinet would attend the APEX meeting in Lisbon in December if Zimbabwean President Robert Mugabe was present.

"I would like Gordon Brown to be present, but I understand his political motives", Mr Sócrates said. "However, these political motives in no way will bloc the summit from taking place".

He described London's contribution to work on the Reform Treaty, which Lisbon hopes to see approved next week, as "extraordinary" and said the British government had often expressed its "intense support" for the Europe-Africa summit, set for December 8-9 in Lisbon.

Brown, himself, had told him of his support for the summit, "wishing it success", Mr Sócrates said, describing Britain's new prime minister as "one of Europe's most committed" leaders in lifting relations with Africa to a higher level.

London's opposition to the presence of Mr Mugabe, whose regime faces EU travel and other sanctions, aborted Lisbon's hopes of hosting the second EU-African Union summit in 2003. The first such summit was held in Cairo in 2000 during Portugal's preceding EU presidency.

Portugal's position is that the summit between the two continental blocks should not be held hostage by problems related to any single country, like Zimbabwe, a stance strongly backed by the AU.

Also on Monday, Portugal's No. 2 diplomat, João Gomes Cravinho, said the Portuguese EU presidency would "not impose" the names or status of summit delegations on any country.

"It's up to the government of each country to determine the level of its representation", Mr Cravinho said in Lisbon, adding that formal invitations to the APEX meeting had yet to be sent out.

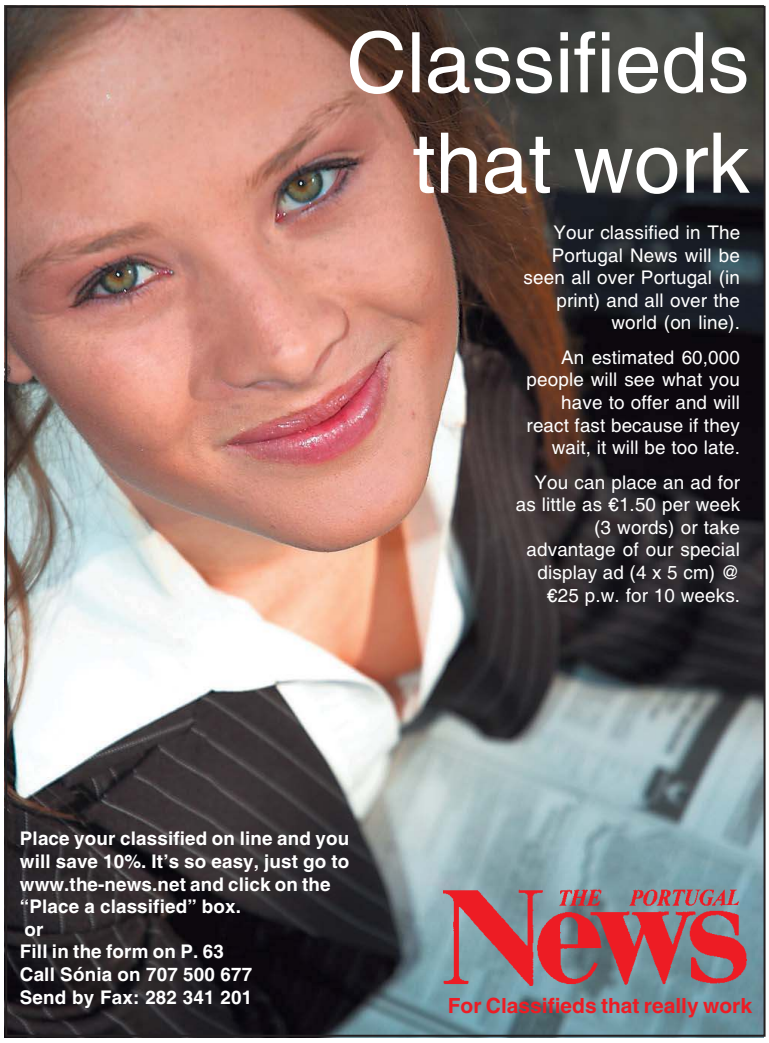
The state secretary for foreign affairs and cooperation also said that the EU and AU "troikas" would likely approve the summit's working documents at a meeting set for October 31.

"The summit represents the beginning of a dialogue", Mr Cravinho said. "What we want to achieve is the creation of a new platform [for relations] that should be based on four pillars: development, good governance and human rights, peace and stability, and trade and regional integration", he said.

The "inter-relationship" between the four pillars, he added, was "fundamental" to empower Africa to "make its voice heard in a globalising world."

The Portuguese presidency, he said, wanted Europe to be a "pioneer" with Africa in this arena.

TPN/Lusa



President Putin's eyeing of PM job "an internal Russain affair" says Sócrates

Portuguese Prime Minister José Sócrates, in his capacity of rotating EU president, said this week that the possibility of President Vladimir Putin becoming Russia's future prime minister is purely an "internal Russian affair."

Addressing a meeting of heads of foreign relations committees from the EU's 27 parliaments in Lisbon, Portugal's prime minister said: "When one political bloc wants to maintain relations with another the best way to achieve this is not to meddle in internal affairs."

Portugal's leader was responding to comments from Dutch and Finnish lawmakers on the potential "danger" to EU-Russia ties from President Putin, who says he will enter December legislative polls, becoming Russia's prime minister.

Prime Minister Sócrates said he would attend this month's EU-Russia summit in Portugal "in a constructive spirit" and "remain open to dialogue, with the aim of defending European interests."

TPN/Lusa

Budget, from p.1.

Finance Minister Teixeira dos Santos has already warned that the proposal is heavily centred on rigour and consolidation, as the government looks to bring the budget deficit down beneath the three percent threshold for the first time in years. Included in the draft proposal, are higher taxes on alcohol and tobacco, but Mr dos Santos, reacting to accusations from the opposition said taxes on fuel will not be hiked, as had initially been predicted, during the course of 2008. While austerity measures imposed in recent budgets have resulted in the Socialist government's popularity plummeting, especially among low income earners, it has now emerged that the budget deficit might be within EU limitations 12 months before anticipated, underlying Lisbon's successes in moves to contain spending and reduce debt.

After peaking at a staggering 6.9 percent in 2004, measures imposed by the government since coming to power at the beginning of 2005 are set to see the budget deficit fall beneath the euro-zone limit of three percent for the first time in five years.

Increases in value added tax in the top rate to 21 percent, imposing a one-time income tax rate of 42 percent on high income earners and taxes on fuel, tobacco and alcohol in budgets since 2005 appear to have finally resulted in some form of financial stability.

But the government warned this week that in order to achieve its ambition of narrowing the predicted budget shortfall to 2.4 percent of gross domestic product for 2008, certain sacrifices will still be required.

However, sources have meanwhile indicated that Portugal is in a position where it might fall in line with EU financial regulations once it closes its accounts for 2007.

This year's budget foresees a budget deficit of 3.3 percent, but reported exceptional successes in the recovery of outstanding fiscal debts has seen talk grow in the corridors of the Finance Ministry that it might announce a minor miracle at the end of the year that the deficit has fallen to 3.0 percent.

In the meantime, and following the Ministry's announcement that it would not be increasing taxes on fuel at the pumps, which is contrary to the guidelines set out earlier by the government to reduce the deficit, concerns are that Prime Minister José Sócrates will now seek to obtain revenue from other sources.

By not increasing the cost of fuel by 2.5 cents a litre as had been stipulated back in 2006, the state's coffers are anticipated to be deprived of around 275 million euros in fiscal revenue in the coming year.

Nonetheless, Lisbon remains buoyant as to the state of the nation's finances and is forecasting Gross Domestic Product growth of 2.3 percent, which, while slightly lower than its earlier prediction of 2.4 percent, remains optimistic.

Public spending, a customary victim of austerity measures in previous budgets, is expected to be boosted by six to seven percent.

Separately, the government says it will encourage economic growth via the 2008 budget by announcing incentives for small and medium enterprises, mainly through the application of tax benefits and rebates.

The budget will also seek to persuade companies to set up in the interior of the country, by offering them greater fiscal incentives.

Meanwhile, Minister for the Presidency, Alberto Martins, reinforced the position of his counterpart at the Finance Ministry by saying: "This will be a rigorous budget and will focus on reducing public debt and attaining fiscal stability".

Mr Martins added that while the budget will seek to boost economic growth, it will also focus on improving the lifestyles of citizens through investments in crucial areas such as health, education, labour and social welfare, and justice.

While all opposition parties have so far been critical of areas they predict will be neglected by the government during the coming year, the passing of the budget proposal is secured as the ruling Socialists hold a majority in parliament.

The document will be debated in parliament in coming weeks, and the government has in the past shown a willingness to make alterations to the budget based on proposals put forward by the opposition.

But the biggest headache for the government is not expected to come from opposition parties, but rather trade unions.

Next Tuesday, the Finance Minister will be sitting down with union bosses to update workers' salaries.

For 2007, increases were kept to a maximum of 1.5 percent, but the three major unions have already presented proposals varying from a minimum rise of 3.8 percent to a maximum of 5.8 percent. The Communist Party, who are highly influential at union level, have also called for the minimum wage to be upped to €430 per month.

Prime Minister José Sócrates was greeted by a teacher protest when he visited the Frei Heitor Pinto Secondary School on Tuesday for the European 'Back to School' initiative. (Photo: Lusa / António José)

Roman treasures found in Mêda

Thousands of ancient roman coins have been unearthed along with other historical treasures from the fourth century, in an archaeological dig that took place in Vale do Mouro, Coriscada, Mêda.

In total 4,526 coins were discovered, estimated to be of a high value, made of copper and bronze, hidden in a wall adorned with other iron objects thought to have been the wall of an ironmonger.

Archaeologist António Sá Coixão, who led the dig, told how the amazing discovery was made on what was supposed to have been the project's last day.

"I was on the site with two men, already making final drawings, but I decided to do one last metal-detecting search", he said.

"One of the men started to dig, called me over, and there were the hidden coins".

It is thought that the original owner of the coins buried them in the spot with the intention of unearthing them later, but died in the meantime and there they remained.

Wealth Management ▪ Trusts ▪ Tax Planning ▪ European Mortgages ▪ International Pensions

The Current Economic Outlook

Financial Forecast	%
Interest Rates	▲ HIGH
Inflation	▲ HIGH
Personal Income	▼ FALLING
Tax	▲ INCREASING PRESSURE
Inheritance Tax	STORM BREWING

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A file picture dated 10 May 2007 shows the spokesperson of the SAP board, Henning Kagermann, speaking at the company's general meeting in Mannheim, Germany. SAP AG and Business Objects S.A. announced last weekend that the companies have reached an agreement that will bring together two of the information technology industry's leaders. SAP will make a cash offer of EUR 42.00 per ordinary share as of the settlement of the tender offers. (Photo: EPA/Ronald Wittek)

Lisbon wants to attract more hi-tech workers to bloc over coming decade

Portugal's EU presidency said this week one of its core objectives in the area of science and technology is to boost numbers of scientists and research students coming to work in Europe by five percent over the next decade.

Portugal's Minister of Science, Education and Higher Education, José Mariano Gago, said at the opening of a high-level Lisbon conference on 'The Future of Science and Technology in Europe' that the number of scientists leaving and arriving in EU states is virtually zero, an "unacceptable" situation.

This trend is reversed in the United States, noted Minister Mariano Gago, and the attraction of better qualified personnel, and boosted expenditure on research and development are priorities for Lisbon's EU leadership in this pivotal field.

Later, on the margins of the three-day science and technology conference, Lisbon's Science Minister said Europe's plan for energy production, distribution and storage will be presented at a meeting of EU energy ministers in early December.

TPN/Lusa

Starting up a new enterprise quicker and cheaper

The average cost for setting up a new company in the EU 15 has fallen to € 554 in 2007 compared to € 813 in 2002 and coping with the administrative procedures to register a company was reduced from 24 days in 2002 to about 12 days currently, the European Commission reported this week.

As they are also the biggest providers of new jobs in the EU, small and medium sized enterprises (SMEs) have become central to policy-making in the EU.

This is the main conclusion of the European Commission's mid-term review on SME policy, published today.

It takes stock of the progress achieved since 2005 in five main areas of the Commission's SME policy: cutting red tape, improving access to markets, promoting entrepreneurship and skills, improving growth potential and strengthening dialogue with stakeholders. The SME dimension is more and more integrated in EU initiatives and legislation.

The Commission this week also adopted a communication on the stigma of business failures, proposing action to prevent bankruptcy and to promote a fresh start for non-fraudulent bankrupts.

Furthermore an action plan has been launched to help small companies to integrate environmental concerns into their production processes and products, in particular through a better compliance with legislation.

Commission Vice-President Günter Verheugen, responsible for enterprise and industry policy, said: "The modern policy launched in 2005 has put small- and medium-sized enterprises high on the agenda of the new Lisbon Partnership for Growth and Jobs and we can already present results. Building on these achievements, we will look for ways to further strengthen the SME policy focus in the next cycle of the Growth and Jobs Strategy through concrete proposals."

WEB

Web (INTERNET) noun [S]
the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:
(From Cambridge Advanced Learner's Dictionary)

If only creating a website was as easy as that

It all sounds so simple and straight forward doesn't it? Well perhaps it used to be, but it isn't now. Today's surfers are web savvy, demanding, and expect much more than a few pictures and words put together using a standard web site template.

Today's web site can put your company and services right into your clients home or business. It can deliver streamed video, virtual tours, take orders, and receive credit card payments, in fact there's not much you can't do via the web.

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Galp fined 8.6m euros for operating Spanish bitumen cartel

The European Commission imposed a 8.6 million euros fine on Portugal's Galp Energia for illegally operating a cartel with other firms to fix bitumen prices in Spain.

In a statement, Brussels said it was fining Galp and four other firms, BP, Repsol, Cepsa and Nynas, a total 183 million euros for breaching antitrust rules.

The five companies operated a "market share and price coordination" policy in Spain from 1991 to 2002 for bitumen, used in road construction, added the EC statement.

BP 'blew the whistle' over the bitumen cartel and received immunity from fines under the EC's 2002 Leniency Notice said the Brussels statement. *TPN/Lusa*

Govt. plans 10 new dams to raise hydroelectric output to 7,000mw by 2020

The Portuguese government has unveiled plans to build ten dams to boost national hydroelectric output to 7,000 megawatts by 2020, the Lusa News Agency reports.

Economy Minister Manuel Pinho said the location of the new hydros will be open to public discussion for about a month, before state tenders for the projects are launched.

Spain's Iberdrola and Endesa are interested in bidding for the dam tenders, company sources said, reportedly worth a total one point one billion euros.

PM - Abolition of death penalty a "conquest for civilisation"

Prime Minister José Sócrates, speaking for Portugal's EU presidency, opened an international conference against capital punishment on Tuesday, saying that the worldwide abolition of the death penalty would be a "conquest for civilisation".

Underlining that Portugal was the first country to abolish capital punishment in 1867, Prime Minister Sócrates said the European Union, beyond seeking to be a "space of economic prosperity", wanted to be a bloc in defence of "the inviolability of life".

Global abolition of capital punishment, he said, "depends on political will" and on a "multilateral response" at diplomatic level.

Rather than ensuring greater efficiency in fighting crime and assuring more security, data demonstrates that nations that apply the death penalty face "precisely the contrary" situation, he said, adding that the policy was marred by a "dramatic history" of the loss of innocent lives.

European Commission president José Manuel Durão Barroso also addressed the conference's opening session, praising France's ratification earlier Tuesday of Article 13 of the European Convention on Human Rights abolishing the death penalty in wartime.

Durão Barroso urged the EU's four recalcitrant members - Italy, Latvia, Poland and Spain - to follow "the same path" as France and the rest of the bloc.

He said the European Commission "totally backed" the initiative of the Council of Europe to declare October 10 as an annual European Day against the Death Penalty.

He thanked the Portuguese EU presidency and the Council of Europe for their "enthusiasm" in backing Brussels' decision to organize the conference in Lisbon.

Initially, Portugal hoped the EU would join the Council of Europe in declaring the annual event against capital punishment, but its initiative was blocked by the insistence of Poland that demanded the discussion be broadened to a less consensual "right-to-life" scope, involving abortion and euthanasia.

TPN/Lusa

Prime Minister José Sócrates, Justice Minister Alberto Costa and State Prosecutor Pinto Monteiro arrive for the international conference against capital punishment in Lisbon on Tuesday. (Photo: Lusa / António Cotrim)

EC proposes brake assist systems to reduce pedestrian fatalities

In an attempt to reduce the number of fatal accidents on European roads, the European Commission has proposed that passenger cars need to be fitted with Brake Assist Systems (BAS) as early as 2009 If the complete European car fleet is fitted with BAS, as many as 1,100 pedestrian lives may be saved every year.

As many as 8,000 vulnerable road users, pedestrians and cyclists, are killed every year in the EU. The use of BAS can considerably reduce the stopping distance of a vehicle in an emergency situation, with the effect that a collision with a pedestrian could be avoided altogether or would occur at least at a far lower speed. The proposal is part of a larger package of measures for Pedestrian Protection.

Commission Vice-President Günter Verheugen, responsible for enterprise and industry, said: "This proposal is good and important for the safety of all road users, especially vulnerable groups like pedestrians and cyclists. At the same time we propose to substantially reduce the amount of legislation, as the proposed regulation will repeal two directives and 27 related national legislations. We will have less legislation, but improve safety."

The Commission White Paper of 2001 sets a target to reduce the overall number of fatal road accidents by 50 percent by the year 2010.

A Commission study shows that the requirements for pedestrian protection can be significantly improved by use of a combination of active and passive safety measures.

Passive measures help to reduce injury levels on impact by provision of softer surfaces. Active measures alleviate the conditions under which impact may take place, e.g., by reduction of impact speed. Such a combination of measures will afford an 80 percent higher level of protection than previously existing provisions, in particular, as a result of the use of active safety systems.

PM Sócrates announces new job-training, employment proposal

Portugal will present a new job-training and employment plan for the European Union for action next year under Slovenia's upcoming EU presidency, Prime Minister José Sócrates said this week.

Mr Sócrates, addressing an employment conference in Lisbon organized under the Portuguese EU presidency, said the proposed programme, dubbed "New Skills for New Jobs", will be modelled on programmes underway in Portugal and Sweden.

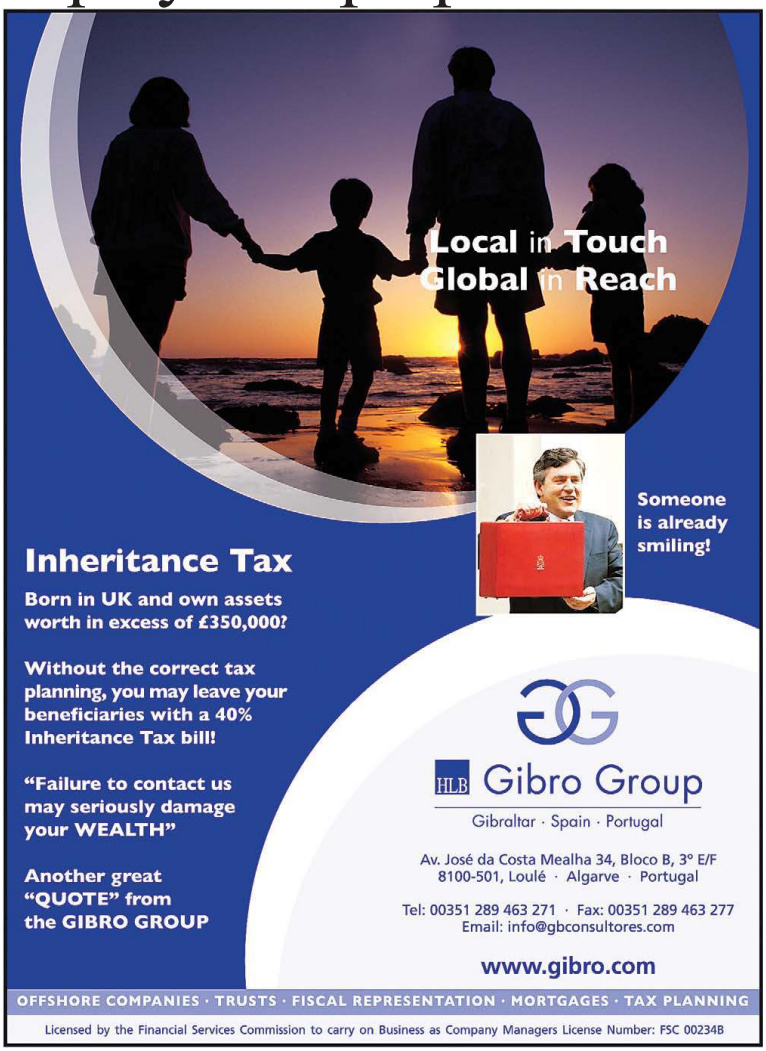
The programme, he added, will centre on setting up a European network to identify emerging job opportunities and the new skills required to fill them.

"We want this initiative to take advantage of programmes already under implementation in the European Union and to add potential to the Lisbon Agenda", he said, referring to the plan approved under the preceding Portuguese presidency in 2000 to make the EU the world's most competitive economic area.

"The understanding of employment as a central component of economic growth and social cohesion can not be lost", he said.

Other conference participants include the European Commissioner for Employment and Social Affairs, Vladimir Spidla, the head of the Employment Committee, Emílio Gabaglio, and Germany's Vice-Chancellor, Franz Munterfering.

TPN/Lusa



Government, Industry & Commerce in Portugal are waiting to hear what you think

1. Gender
   - ○ Female ○ Male

2. Age Group
   - ○ Under 20 ○ 20 - 35
   - ○ 35 - 50 ○ 50 - 65
   - ○ 65 +

3. Are you
   - ○ Single ○ Married
   - ○ Divorced ○ Widowed
   - ○ Other

4. Your children go to a
   - ○ Portuguese school
   - ○ International school

5. Are you in Portugal
   - ○ Permanently
   - ○ Semi-Permanently (more than 6 months a year)
   - ○ Temporarily (less than 6 months a year)
   - ○ On holiday

6. Do you have a Residência Card?
   - ○ Yes ○ No

7. Are you
   - ○ Company Owner/Director
   - ○ Employed ○ Retired
   - ○ Student ○ Other

8. Which is your primary bank in Portugal (tick one only please)
   - ○ Banif ○ Barclays Bank
   - ○ BES ○ BIC
   - ○ BNC ○ BPI
   - ○ Caixa de Crédito Agrícola
   - ○ Caixa Geral de Depósitos
   - ○ Finibanco ○ Millennium BCP
   - ○ Montepio Geral ○ Santander Totta
   - ○ None/Other

9. Satisfaction rate (5 is best)
   - ○ 1 ○ 2 ○ 3 ○ 4 ○ 5

10. On average how often do you fly each year ?
    - ○ 1 - 6 times ○ 7 - 12 times
    - ○ 12 times or more

11. What make is your car ?
    - ○ Volkswagen ○ Renault
    - ○ Fiat ○ Ford
    - ○ BMW ○ Suzuki
    - ○ Landrover ○ Peugeot
    - ○ Chrysler ○ Saab
    - ○ Citroen ○ Mercedes
    - ○ Rover ○ Honda
    - ○ No car/ Other

12. Do you plan to replace your car in
    - ○ the next 12 months
    - ○ the next 24 months
    - ○ the next 36 months
    - ○ Longer

13. Which phone operator do you use for your fixed line? (tick one only please)
    - ○ World Telecom
    - ○ Portugal Telecom
    - ○ Tele 2 ○ Oni
    - ○ Other

14. Satisfaction rate (5 is best)
    - ○ 1 ○ 2 ○ 3 ○ 4 ○ 5

15. Which operator do you use for your mobile phone ? (tick one only please)
    - ○ Vodafone ○ TMN
    - ○ Optimus ○ None

16. Satisfaction rate (5 is best)
    - ○ 1 ○ 2 ○ 3 ○ 4 ○ 5

17. Electricity is being privatised, would you change supplier if you had that option ?
    - ○ Yes ○ No

18. Satisfaction rate (5 is best)
    - ○ 1 ○ 2 ○ 3 ○ 4 ○ 5

19. What is your favourite supermarket?
    - ○ Aldi ○ Continente
    - ○ Eleclerc ○ Intermarché
    - ○ Jumbo ○ Lidl
    - ○ Modelo

20. Are you a regular reader of The Portugal News ?
    - ○ Yes ○ No

21. Do you think **The Portugal News** is generally
    - ○ Very good ○ Good
    - ○ Satisfactory ○ Poor

22. Over the past year, do you think **The Portugal News** has
    - ○ Improved
    - ○ Stayed the same
    - ○ Deteriorated

23. What other publication do you read regularly in English ?
    - ○ Resident ○ Goodlife
    - ○ EuroWeekly ○ Get Real
    - ○ Other

24. How do you perceive Portugal's Government and Prime Minister ?
    - ○ Improving ○ Stable
    - ○ Deteriorating ○ No opinion

25. How do you perceive Portugal's economy ?
    - ○ Improving ○ Stable
    - ○ Deteriorating ○ No opinion

26. What importance do you think the Government puts on the foreign community in Portugal?
    - ○ Good ○ Average
    - ○ Poor ○ No opinion

27. Bureaucracy in Portugal is it:
    - ○ Easier
    - ○ Stayed the same
    - ○ Getting worse
    - ○ No opinion

28. Starting and running a business in Portugal - Do you think it is
    - ○ Difficult and time consuming
    - ○ Improving, but still not easy
    - ○ Much better and easier
    - ○ No opinion

29. As a consumer in Portugal how do you feel the Retail industry considers foreigners as clients?
    - ○ Important
    - ○ Of some importance
    - ○ Not important
    - ○ No opinion

30. In your opinion over the last year the National Health Service in Portugal has
    - ○ Improved
    - ○ Stayed the same
    - ○ Deteriorated
    - ○ No opinion

If you thought your opinion didn't count in Portugal, think again.

Last year *The Portugal News* published the most extensive survey ever conducted on the opinions of the foreign community. The result? Your views were revealed to a packed press conference in Lisbon last January which was covered by every major newspaper and TV station. These were not just small articles, but pages and double pages, and the coverage continued through to June. And we know that the various entities In Portugal took note, with some taking action, proving that your opinion DOES COUNT.

This year we plan to survey even more of your opinions, but we need YOUR help. What do YOU think about Portuguese bureaucracy, the ease of setting up a business, the health service, local commerce, Government? Here is your chance to express your views and be heard!

Please fill in the questionnaire overleaf, and be sure to fill in the SATISFACTION RATE on your bank, services, etc. If you are receiving poor service, say so! 5 is the best, 1 is the worst.

Please return the survey to The Portugal News, Apartado 13, 8401-901 Lagoa, send by fax to 282 341201 or call free phone 800 507 878 and give the operator your answers. All your answers are confidential.

Thank you for your help - Your opinion DOES count!

Call freephone **800 507 878** if you would like to answer the questionnaire over the phone

Please return your completed survey to: **The Portugal News, Apartado 13, 8401-901 Lagoa**, send by fax on **282 341 201** or call free phone **800 507 878** and give the operator your answers.

New subway stations inaugurated

Two new subway stations – the Terreiro do Paço and Santa Apolónia - will be inaugurated on December 22nd by the Minister of Public Works, Mário Lino.

The two new stations will be the completion of Lisbon's Blue Line, which will connect Santa Apolónia to Amadora. Both were recently visited by Minister Lino, who was accompanied by State Secretary for Transports Ana Paula Vitorino, and the President of Lisbon Metropolitan, Joaquim Reis.

The Minister justified the project's two-and-a-half year delay as being due to safety irregularities, which lead to the project being redesigned.

"The original tunnel had to be abandoned and a new one constructed, changing the location of the station, which in essence meant a whole new project", he said.

Work on the Metro station at Terreiro do Paço in Lisbon. (Photo: José Sena Goulão / Lusa)

Gang steals ATM machine

Six individuals travelling in one car are believed to have taken an ATM money-dispensing unit from a Moviflor shop in Corroios, Seixal.

According to Almada GNR, the incident took place at around 04h00 and has since been handed over to Setúbal PJ police.

It was the second incident of its kind to occur in one day, the first taking place in a Modelo hypermarket, in Beja, from where another ATM machine was taken.

On September 26th a gang of thieves took an ATM unit from Setúbal's Central District Social Security centre, a further two disappearing from Leiria and Pombal.

www.the-news.net

Manhunt underway for market murderer

Lisbon police are currently on the lookout for two individuals who shot and killed a man of Romany ethnicity at Tires' market, São Domingos de Rana, on Monday afternoon.

The shooting took place at around 17h00 in the afternoon, when a car with two men, also thought to be of Romany origin, pulled up in a car and fired shots. They then sped off towards Lisbon, on the A5 motorway.

After being shot the victim was rushed to Hospital de Cascais, but was pronounced dead on arrival.

PJ officers were summoned to the scene and are complying with PSP police inspectors in investigations to locate the perpetrators, which have so far proved unsuccessful.

Cascais hosts gourmet chocolate event

Have you ever wondered how chocolate is made and if there is more to chocolate than the bars one buys at the grocery store?

Chocolate connoisseurs and enthusiasts will be glad to know that the Cacau Clube de Portugal and Câmara Municipal de Cascais will be hosting a two day event entitled "*O Chocolate em Cascais*", on October 19th-20th at *Centro Cultural de Cascais*. On both days, visitors will have a chance to engage in a series of activities, namely visiting an exhibition entitled 'From the Cocoa Flower to Chocolate', which documents the various stages of production of chocolate bars from cocoa beans; or watching practical demonstrations by chefs and hotel professionals.

The programme for October 20th includes a conference consisting of a series of brief talks about various aspects of chocolate by both national and international chocolate specialists (entry is free, but must book a seat). In the opinion of Odete Estêvão, president of Cacau Clube de Portugal, this will be a unique opportunity for chocolate enthusiasts to listen to professionals working in the chocolate industry, such as chocolate specialist Vitor Nunes and international chocolate expert Chloé Doutre-Roussel, as well as a health professional, nutritionist Dr. Gil Vaillant. The day will end with a gala dinner at Fortaleza do Guincho Relais & Châteaux, where guests will be able to enjoy an exotic meal created by Executive Chef Vincent Farges and Chef Fabian Nguyen.

The true chocolate enthusiast should not miss this fabulous opportunity to savour a gourmet meal consisting of several superb dishes with a hint of cocoa and/or chocolate. This event is open to members of the Cacau Clube de Portugal and the general public, although advance booking is required. For those who wish to enjoy gourmet dishes with a touch of cocoa and/or chocolate, delicious menus will be on offer at several hotels and restaurants in the Cascais area from October 17th-24th.

For a full programme, additional information, opening hours and reservations visit www.ochocolateemcascais.com or contact Cassilda Beltrán Alves by email at ochocolate.em.cascais@gmail.com.

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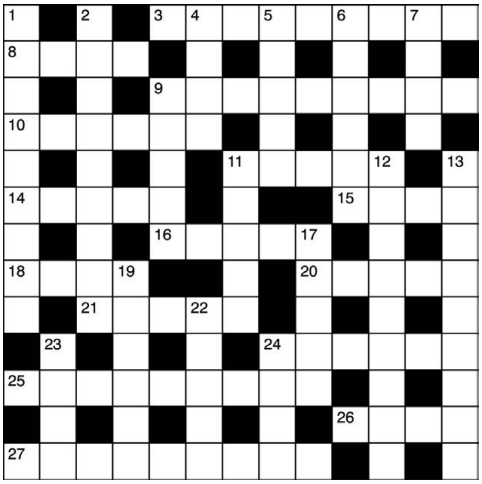
http://clinic.cdhaley.pt

The Portugal News Crossword No. 163



QUICK CLUES

ACROSS
3. Doctor (9)
8. Finished (4)
9. Heedless (9)
10. Powerful (6)
11. Gloss (5)
14. Concede (5)
15. Entice (4)
16. Banish (5)
18. Yearn (4)
20. Mistake (5)
21. Impel (5)
24. Gloomy (6)
25. Lampoon (9)
26. Responsibility (4)
27. Barren (9)

DOWN
1. Policeman (9)
2. Censure (9)
4. Suspend (4)
5. Metalworker (5)
6. Club (6)
7. Fever (4)
9. Combine (5)
11. Backbone (5)
12. Food (9)
13. Callous (9)
17. Weird (5)
19. Grating (6)
22. Call (5)
23. Blaze (4)
24. Gloomy (4)

QUICK SOLUTIONS No. 162

Across: 1 Type; 3 Assisted; 8 Noon; 9 Concrete; 11 Affectionate; 13 Larder; 14 Starve; 17 Interminable; 20 Aromatic; 21 Pupa; 22 Preceded; 23 Idle.

Down: 1 Tentacle; 2 Proffer; 4 Stolid; 5 Inconstant; 6 Treat; 7 Deed; 10 Accelerate; 12 Beverage; 15 Rebound; 16 Imbibe; 18 Noose; 19 Damp.

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.
There's no maths involved. The grid has numbers, but nothing has to add up to anything else.
You solve the puzzle with reasoning and logic.
It's fun. It's challenging. It's addictive!
Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

					3	4		1
		4		7			8	
	7					2		
		7		8			2	
2				3				5
	1			4		3		
		6					1	
	4			9		8		
7		3	1					

Last weeks solution:

5	7	2	3	9	6	4	1	8
6	9	8	2	1	4	7	5	3
4	3	1	5	8	7	6	9	2
9	6	7	8	5	3	1	2	4
1	2	3	4	6	9	5	8	7
8	5	4	1	7	2	3	6	9
7	1	9	6	4	8	2	3	5
3	8	6	7	2	5	9	4	1
2	4	5	9	3	1	8	7	6

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

Prayer changes things

On a sunny September Saturday, around 70 people, representatives of different churches along the Algarve, including some Portuguese, met together at beautiful Monte Penedo in the Alentejo to explore more deeply the subject of prayer.

Worship beneath the mimosa trees was ably assisted by the All Saints Music Group, followed by an encouragement to deepen and empower prayer through the agency of the Holy Spirit, given by Annie Stones from Wolverhampton.

Following a bring and share lunch, Aileen Collins gave a brief account of the conception and birth of the Algarve Prayer Chain, formed a year or so ago following the visit of Jessie McFarlane from Scotland. Those present then split into groups of five and prayed scriptures around each other.

As a fitting conclusion, a moving communion service was led by Rev David Saunders.

Anyone interested in joining the Prayer Chain, who feels the need of prayer or who would like to find out more about prayer, please contact Aileen on 282 687 459.

Photos: The communion service at the end of the day led by Rev. David Saunders

Sheraton Algarve takes gold again

For the fourth consecutive year the Sheraton Algarve Hotel and Pine Cliffs Resort has won the World Tourism Award for the 4th Consecutive Year for Portugal's Leading Golf Resort, presented on Tuesday evening at the World Travel Awards Europe & Green ceremony, held at the Newcastle Gateshead Hotel, in the UK.

This is the Resort's 6th World Travel Award since 2001, voted by travel professionals from around the globe.

This year, the voting campaign reached a total of 167,000 travel professionals worldwide, including more than 110,000 travel agents. Hailed by the Wall Street Journal as the 'travel industry's equivalent to the Oscars', the World Travel Awards are the most comprehensive and prestigious awards programme in the global travel industry today, highly regarded as the forum that serves to acknowledge, reward and celebrate the enormous achievements attained in all sectors of this industry.

"We are thrilled and very proud to be rewarded once again with a prestigious World Travel Award for the fourth consecutive year" says Flavio Bucciarelli, Area Manager Algarve for Starwood Hotels & Resorts and General Manager of the Sheraton Algarve Hotel, adding, "It is a privilege and an accomplishment by our team to be recognised by such a wide audience of experienced and respected travel professionals. I believe the secret is the balance between an inspiring location, the authentic and indigenous architecture and the highly motivated team who provide an exceptional experience to each of our guests".

The Sheraton Algarve Hotel at Pine Cliffs Resort is surrounded by the iconic pine trees and located on a cliff-top offering dramatic and incomparable views over the Atlantic Ocean. It endeavours to offer a discerning and unforgettable experience to its guests. This year, the Resort celebrated its 15th anniversary with the opening of the new luxurious 'Pine Cliffs Residence' apartments, overlooking the renowned Pine Cliffs Golf Course and 'Casa Pine Cliffs', with a new Mediterranean restaurant, bar, swimming pool, gym and Health Club. In addition, this summer saw the opening of additional and exciting dining options with the modern 'amo.te Pine Cliffs Sushi Club' and the relaxing 'TABU by amo.te Garden Lounge'.

Sex scheme incriminates police officers

According to reports that emerged earlier this week, 14 individuals are currently being tried in relation to an alleged prostitution racket, run through a brothel in Alcalar, Portimão, amongst which are two police GNR officers accused of turning a blind eye to the women's illegal situation in Portugal, in exchange for sexual favours.

Also amongst the accused is the owner of the bar - Bar Strip Club - Paraíso da Música – Maria Silva, charged with 37 crimes, including panderism and being associated with aiding illegal immigration, amongst many others.

The two GNR officers embroiled in the case, reportedly, along with friends, enjoyed the girls' 'services' in return for turning a blind eye to certain illegalities, the *Jornal de Notícias* reports.

The fraud was reportedly dismantled by SEF Border Control and Immigration authorities in June last year, when the bar was found to be running without a license for nearly three years and employing dozens of Brazilian and Eastern European women.

It is said that the Public Ministry (MP) believes that 52-year-old Maria lured 'young and pretty' women to Portugal, through newspaper adverts and scouts, saying they would make more money.

She is also believed to have made visits to Brazil.

Various friends and family members told SEF officials that they had women living and working with them so they could obtain the necessary visa. Prostitution was carried out in seven small annexes to the bar (small rooms with a bed and a bathroom), as well as in five apartments and in Maria's villa.

SEF's investigation also found that the main suspect had nine cars, mostly high-powered vehicles, which were used for driving the women to their encounters.

Compassion for Darfur

Last weekend the Compassion for Darfur event took place in the magnificent setting of the FIESA sand sculpture exhibition in Pêra, Algarve. The audience saw videos and heard of the distressing facts about the world's biggest humanitarian aid effort, which has seen 2.5 million refugees and over 200,000 deaths occurring in a government-led genocide against its own citizens in the west of the Sudan.

The event raised €2,500 which will be sent to Amnesty International and Oxfam, who are currently struggling to find resources to care for the 500,000 people they are helping in the camps. Thank you to all the participants in this event for their help and effort.

The regional campaign in Portugal is being run by the Janela Aberta 21 Centre for Education for Sustainable Development (www.janela-aberta21.org), who have launched a global citizenship campaign asking people to make a personal commitment to global poverty alleviation, starting with helping solve the Darfur situation.

Lions Club raise thousands for charity

The Lions Club of Loulé have had a successful year fundraising. To date a total of €8,066 has been presented to 'Existir', the Loulé based charity that helps disadvantaged people in the area.

The Lions would like to thank the many people who have helped them achieve this. The generous donations of items for the sales and garden party and the great support for these events has made this possible, The sales continue through the Autumn and Spring and good used clothes, bric-a-brac, linen, shoes and books are always needed. We can collect from you, call 289 845 581 or 289 416 659.

The Lions are in urgent need of suitable premises in the Loulé or Almancil areas for storage and ideally to develop into a 'Charity Shop'. Resources will only allow a minimal rent and new members and supporters are vital to make this possible.

It can become a great asset to the community, a focal point for the Lions and their charity work.

If you can help in any way, call Bruce Allen on 282 444 874 or fax 282 441 683.

Fortaleza da Luz Restaurante hosts

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*NECI is a Luz based school helping mentally and physically handicped children overcome their dissabilities

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Boy's battle for cancer research reaches Algarve

Cody Lee Smart is currently making news in the UK following a summer of fabulous fund-raising events, where his musical talents have put him in the spotlight both as a campaigner and a musician. And he's only nine-years-old.

Next week, on Friday October 18th, Cody will be participating in an awareness and fund-raising campaign, named Breast Cancer Control, in Vilamoura's Atlântico Piano Bar.

Cody's crusade started last year when his mother, Yvonne, was diagnosed with breast cancer. She was successfully treated at the St. Margaret's Hospital, Epping, which spurred Cody into taking action, his way of thanking the hospital for saving his mother's life, as well as giving something back. So far, following a summer of performances, Cody has raised £1,230 for charities including Breast Cancer Research, MacMillan Cancer Care, Battersea Dogs Home and Haven House Childrens Hospice.

A talented piano player, his first public performance in Portugal took place last year when Cody was on holiday in Tavira. On a day out to Vilamoura, without warning he wandered into the marina-side Piano bar, and asked if he could sit at the piano.

After telling the clientele exactly why he wanted to play, patrons raised £40 for the boy to take back home and give to St. Margaret's Cancer ward.

"He told clients he never wants any other child to go through what he did. He was so scared he would lose me", says Yvonne, "he's such a special little boy".

Bruno Mariano, events and entertainment director of the Atlântico Piano Bar in Vilamoura, was not present at Cody's impromptu performance last year, but heard about it two weeks later when he was given a clipping from the Smart family's local paper, which covered the story.

This year he invited Cody to return and participate in the Breast Cancer Control campaign.

"When I found out about what he did at the bar I was moved", said Bruno, "I have a history of breast cancer in my family, so I thought 'lets do something', but lets do it properly".

Starting at 21h30, the Atlântico Bar's Breast Cancer Control charity event will feature live performances from Cody and Bruno, as well as lucky draws and an auction. Included in the auction will be authentic, official footballs shirts belonging to and signed by the English football team and the Arsenal squad.

Proceeds will be shared between Epping's St. Margaret Hospital, and Faro Hospital's Algarve Oncology Association.

It promises to be an excellent night for a very deserving cause.

Following a summer of performances, Cody has raised £1,230 for charities including Breast Cancer Research, MacMillan Cancer Care, Battersea Dogs Home and Haven House Childrens Hospice.

Speedboat seized on the high seas

Portuguese navy officials intercepted and seized a speedboat at sea, off the Algarve coast, carrying an unspecified amount of drugs. Four north-African occupants were also detained.

Speaking to press agency *Lusa*, a source from Faro's Vasco da Gama navy fleet confirmed that the interception took place out of Portuguese waters (over 24 miles off the coast), but within the Exclusive Economic Zone (under 200 miles from the coast).

Affirming it is still too early to reveal the exact amount of drugs seized or the exact location, the source simply confirmed that it was "a long way from the coast", and that the boat was believed to be on its way to Spain.

Reportedly, the detention occurred without incident. Suspicions were raised as the boat was navigating without an identifying flag, as well as being a high-velocity vessel.

The four detainees have been placed under Portuguese authority's supervision.

Vasco da Gama is a Portuguese naval vessel that has an on-board crew of 193, who at the time of spotting the speedboat were carrying out training exercises with the Spanish navy.

Portimão Hospital participates in 'World Breastfeeding Week'

Portimão's Barlavento Hospital is, this week, participating in worldwide celebrations to commemorate 'World Breastfeeding Week'. Included in the activities was the inauguration of a specially-designated 'Breastfeeding Corner'.

'Breastfeeding Corner' was devised to offer parents and families an area in which to socialise, as well as staging talks by specialists, who will mainly focus on promoting, protecting, and supporting breast feeding.

Under this year's banner 'Breastfeed from day one. Sixty minutes can make a difference', the official week aims to promote and encourage breastfeeding, especially during the first hours of a newborn's life.

As well as inaugurating 'Breastfeeding Corner', visitors can see an exhibition of children's paintings and professional photography dedicated to the subject, a children's play area, and a 'baby café', an area for mothers who wish to breastfeed in private.

A series of lectures will take place, and will focus on explaining to children, future parents and grandparents, their role in the breastfeeding process.

This year Hospital do Barlavento will also compete for the worldwide 'Best Baby-Friendly Hospital' title, an initiative established since 1997 which aims to encourage breastfeeding, created by UNICEF and the World Health Organisation.

To win the prestigious award, hospitals must comply with 'Ten Commandments' and adopt teaching programmes for medical teams to support mothers in breastfeeding until the infant is at least six months old.

Showing new mothers how to feed, how to maintain lactation even when separated from their baby, and discouraging giving newborns any other food or drink unless indicated by a doctor, are just a few of the rules by which staff must follow to become a 'Baby-Friendly Hospital'.

Ready, set, go and join this weekend's Mamamaratona

The famous Mamamaratona 'Race Against Cancer' will this year, for the seventh time, unite hundreds of participants of all ages and nationalities to raise revenue and awareness concerning breast cancer.

Organisers hope to raise enough revenue to donate to Faro Hospital and contribute towards building new residential quarters where patients can stay during treatments at the hospital's radiotherapy unit.

Sponsored by Portimão City Hall, this year's Mamamaratona will take place along Portimão riverside, starting and ending at the city's Parque de Feiras.

There will be two different routes set for different paces, an eight-kilometre run and a five-kilometre march.

A number of high-profile athletes will also be participating, including Algarvean champ Ana Dias, who has won two gold medals in the 'European Cross' competitions, in 1998 and 2001.

Those interested in taking part can enrol before Saturday 13th by going to website www.cm-portimao.pt, filling out a form and making a donation to Montepio Geral (NIB 003600329910033224959). Donations can also be sent by postal cheque to Associação Oncológica do Algarve, address: Largo das Mouras Velhas, n.º 16, 8000-139 Faro.

Last-minute enrolments can also be made on Saturday 13th, at the Parque de Feiras, from 10h30 till 18h30 as well as on the day of the event from 08h00 till 09h45, 5€ (adults) and 2,5€ (children up to 12), which includes a T-shirt. The race sets off on Sunday, at 10h00. For more information, contact the Associação Oncológica do Algarve. Telephone: (+351) 289 807 531, or you can e-mail: associacao_oncologica@sapo.

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Justin Wride, adding a splash of pizzazz to the Algarve's gardens

Based in the Algarve for 12 years, Justin Wride has added spice to the Algarve with his own unique style of landscaping. Based on colourful maintenance-free concepts, his garden at the International Algarve Fair was just one of many examples of what alternative landscaping can look like.

Stunning colourful plants were set against the bright blue back drop resembling a distinctively Moroccan façade. In the middle of his design was a second wooden arch, framing a solitary bench. The ground was covered with gravel.

Welcome to Justin's 'Chill-Out' garden, a little piece of modern-Marrakech with a hint of the Algarve's traditional beauty.

"Initially gardens in the Algarve were much the same", he explains, "with lawns and borders, orchids and bougainvilleas. But because of the water problems, lots of new ideas have come about that don't require irrigation, with less plants and more design features".

Justin enjoys different concepts. He believes that any home can have a nice garden, whether it is a large plot of land or a small backyard patio.

Justin Wride receives the 'Visitor's Choice Garden Award' for his Moroccan style garden.

A blue glass orb sits atop a roughly hewn rock in front of a sculpted slate fountain.

Justin Wride chats to TV garden expert Kirsty King and The Portugal News Carrie-Marie Bratley.

"A beautiful garden doesn't have to focus solely on plants", he says. Describing his company's underlying concept as "colourful, maintenance-free, stress free and stylish", his International Algarve Fair design was a prime example.

"This bench here in the middle is so inviting. You just want to go and sit on it. It is the kind of garden that when you arrive home after a hard day at work you just want to go and sit and relax in it. The secret is to focus on something different than just plants".

Built in two days with a three-man team and costing €1,500, Justin Wride's garden is certainly attractive. Its Azure-blue backdrop stood out like a beacon and drew all eyes in its direction.

He says, "A lot of people are not bold enough to use such strong colours in their garden, but they work very well. Colours look very nice, especially when complemented with a unique design. There is so much hardscaping you can do to really elevate a garden".

Justin won the 'Visitor's Choice Garden Award' for his efforts and was rightly pleased with his garden.

"This event has been fantastic", he enthuses, "I wish more companies had come, so there were even more styles and designs. But even so, everyone who has seen these gardens has been able to take something home to incorporate in their own gardens. Hopefully we will have inspired a lot of people".

Clay pots painted yellow and white pebbles were among the bold features in this garden.

*The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than **300** words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net*

SAPO Customer Service

SIR, After the heavy rain in Tavira on Tuesday, Oct. 02, my broadband SAPO Internet connection went down at 09h00. Twelve hours later it was still down so I called SAPO Customer Service. To my surprise, SAPO seems to offer no E-mail contact for Customer Service. I called their 707 22 72 76 number and spent nine minutes at 30c per minute (mobile) trying to get someone interested in my problem. After €2.70, the call was disconnected without my having discussed my problem with anyone who was interested in doing anything other than transfer me to someone else — and, no, no one called me back.

Is this typical of SAPO Customer Service or was I lucky to receive better than average treatment?

TED MOONEY, Tavira

Cause & effect

SIR, You have a headache so you take some asprin to relieve the pain. It's a similar process for other ailments, you are just looking for a quick fix and not treating the cause.

The point I want to make, though, is something not in our hands. Every time I go back to the UK I attend various [car] boot sales and flea markets in the greater London area. At one of the [car] boot sales there were hand guns and daggers freely available every week.

I reported what I had seen to the two nearest police stations in the locality, but nothing was done about it. So I tried a different approach. On four different occasions I stopped police constables on their beats, each time saying, "If thugs could not buy weapons they could not use them".

Last week UK Prime Minister, Gordon Brown while addressing the Labour Party conference said, "We will not tolerate gun crime on the streets." Someone needs to tell him about cause and effect.

JOHN ALLEN, Vale de Milho

P.S. The [UK] government says crime figures are down, but jails are full to capacity and they are planning to build more. Again it's only the effect being catered for - it won't reduce crime.

EU-Africa Summit

SIR, For some while I have been noting your articles heralding the planned EU-Africa Summit. I've always wondered why the exclusion of someone like Mugabe should entail the perennial postponement of such a summit at the request of other African leaders, ie. that his presence should be a pre-condition for the Summit to take place at all!

Like many others I suspect, I'm sure that this Summit will enshrine some sort of extorted 'gravy train' from the EU to Africa, to which the Europeans will be permitted(!) to attach conditions in respect of human rights etc., that will range in their effect from 'barely enforceable' to 'entirely theoretical'! Might it not be that these African leaders are trying to ensure that they are not denied any of this largesse when they too 'revert to type' sometime in the future?

I think we are already falling 'hostage to fortune' here. There is a strong possibility that the impoverished sections of Europe, via extortionate sales taxes etc., maybe effectively subventing repulsive African oligarchies whose economic mismanagement is such as to produce waves of migrants coming to Europe to take the jobs or depress the wages of those selfsame disadvantaged constituencies. What an Obscenario!

I think Gordon Brown's attitude is exemplary - not perversely sanctimonious. If we are going to go down this road, Europe should 'start as it means to go on'! Europe (especially France) has always been far too acquiescent in the face of African venality and frankly, it's largely this facet of Africa that promotes it as a problem to Europe. (Perhaps Gordon has pencilled in the start of December for his re-election!)

J.A. RUST, Figueira da Foz

Unanswered questions

SIR, Anyone accessible by e-mail will be tired of receiving such goofy questions but others may find them amusing.

Why do people say they "slept like a baby" when babies wake up every two hours?

Why do we press harder on a remote control when we know the batteries are flat?

Why does someone believe you when you say there are billions of stars, but have to check when you say the paint is wet?

Why do they use sterilized needles for death by lethal injection?

Why does Superman stop bullets with his chest, but duck when someone throws something at him?

Why do Kamikaze pilots wear helmets?

What sadist put an "S" in the word "lisp"?

If it's true that we are here to help others, what are they doing here?

How is it that we put men on the moon before we figured out it would be a good idea to put wheels on luggage?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Who was the first person to look at a cow and say, "I think I'll squeeze these pink dangly things here, and drink whatever comes out?"

Or "See that chicken there... I'm going to eat the next thing that comes out of its bum."?

Why is there a light in the fridge but not in the freezer?

Does pushing the elevator button several times make it arrive faster?

What is the speed of darkness?

And one for your pet pundits perhaps: If you blow in a dog's face, it doesn't like it, but it will happily ride with its head out the window of a car travelling at 70 mph.

RON LAVERY, By e-mail

337 Portuguese for all

Na lição de hoje vamos estudar a Voz Passiva.
Até à próxima lição, Emília Rosendo.

The Passive Voice

Look at these examples:

- ▼ O pai regou o jardim.
- ▼ A mãe regou a horta.
- ▼ Os rapazes regaram os canteiros.
- ▼ As raparigas regaram as flores.

- ▲ O jardim **foi** regado **pelo** pai.
- ▲ A horta **foi** regada **pela** mãe.
- ▲ Os canteiros **foram** regados **pelos** rapazes.
- ▲ As flores **foram** regadas **pelas** raparigas.

In the sentences above the **passive** is formed with the verb tense '**Pretérito Perfeito do Indicativo**' (*Simple Past*) of '**ser**' (*to be*) plus the '**Particípio Passado**' (Past Participle).

Remember:

◆REG**AR** ⇨REG**ADO(S)**/ REG**ADA(S)**

◆Verb '***ser***' in '***Pretérito Perfeito do Indicativo***'(*Simple Past*) : ⇨**eu** ***fui*** ⇨**tu** ***foste*** ⇨**ele/ ela** ***foi*** ⇨**nós** ***fomos*** ⇨**eles/ elas** ***foram***

EXERCISE: Read each sentence below and then write a new one with the same meaning. Begin in the way shown each time.

1. O mecânico reparou o carro.
O carro _____ .
2. O António cozinhou o jantar.
O jantar _____ .
3. O rapaz fechou a janela.
A janela _____ .
4. Aquelas senhoras compraram os quadros.
Os quadros _____ .
5. Os inquilinos e o senhorio assinaram o contrato de arrendamento.
O contrato de arrendamento _____ .
6. O vento levou as folhas.
As folhas _____ .
7. As crianças arrumaram os brinquedos.
Os brinquedos _____ .
8. Tu mudaste o pneu do carro?
O pneu do carro _____ ?
9. Os alunos decoraram as salas de aula.
As salas de aula _____ .

Please send your completed exercises, with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at The Portugal News and I will send them back corrected. **The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.**

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Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

We can hardly wait to hear from you!

celebrating 30 years in print

Golf Forum at Forum Algarve

Visitors to Forum Algarve (Faro - Portugal) got the chance to get on the green with 'Golf Forum', an event aimed at providing the community and Forum users with an opportunity to have their first experience of golf or to improve established golfing skills. The event ran between 25th September and 7th October and was held in the Central Plaza of Forum Algarve.

The original concept for the event was born when PGA Master Professional Tony Bennett and members of the Forum's management team came together and started developing the project. "Our initial aim was to create a luxurious golfing environment" said Tony (consistent with all the Forums activities), who went on to say that "golf should be accessible and enjoyed by everybody; with events such as this proving that quality is both possible and can be developed in a way for all".

Over the duration of the event, which attracted well over one hundred people almost everyday, with more than six hundred taking lessons from a PGA qualified professional and a team of introducers, over 1,500 people experienced golf. Additionally Golf Forum invited pupils from the local school and associations to book a free golf encounter.

The event cumulated on Sunday evening with a final skills challenge attracting golfers of all ages and abilities from the local and national golf community.

Golf Forum invited pupils from local schools and associations to book a free golf experience.

The event has already received widespread praise, with many onlookers and commentators being quick to point out the event definatly provided benefit to the growth of the game; with the ripple effects being felt as far east as Castro Marim, west as Lagos and north to Lisbon.

For further information e-mail: scoringzone@gmail.com or call (+351) 932 524 253.

"Golf should be accessible and enjoyed by everybody" said PGA Master Professional Tony Bennett.

First stage of European Longboard tour ends in Faro

The first stage of the European Longboard Tour has just finished in Praia de Faro, Portugal. The quality of waves exceeded all expectations and everyone saw quality surfing with several waves scored above 9 points.

The winner was Frenchman Timothée Creignou, who proved to be the most consistent surfer on the waves. British, Ben Skinner, with a spectacular style, came second. Third was the British, Adam Griffiths, while the Portuguese Miguel Ruivo was the best national surfer in fourth place.

This competition also provided points for the national longboard rankings. Therefore, Miguel Ruivo gathered the maximum amount of points for the ranking, followed by Diogo Gonçalves, who could become Portuguese champion in the next stage. Luís Cruz, Paulo Dias and Luís Bento, followed.

With the bigger sets reaching 7 feet, hot sunshine and no wind, the sea provided all the surfers could ask to show their skills. Perfect waves allowed maneuvers all the way to the shore. Everybody on the beach sat down and enjoyed the spectacular moments of longboard provided by the best surfers in Europe.

The foreign as well as the national competitors valued the fact that all the details were prepared by the organizers. The natural beauty of the spot, in the center of Ria Formosa delighted all. Even the forecast helped for the last day, so that everyone involved had many reasons to smile.

The quality of the waves exceeded all expectations.

Joan Loustav, head judge, stated that "the weather was good, the waves too, the water temperature was awesome and we have seen excellent surf. Even the boat trips to the peak were unique due to the natural beauty of the spot."

The competition director, Manuel Mestre, stated that "the staff are very pleased with the feedback provided by the surfers. We showed that Portugal has great potential to organize big surf events.

The final ceremony took place in Praia de Faro's Centro Náutico. Local authorities like the Mayor were there stating that this sort of sports event will be repeated in the Faro area in the future, with the intention of bringing this circuit to Faro next year assumed.

Some of the winners of the competition.

The second stage of the European Longboard Tour will take place in France on 12th, 13th and 14th October at Plage de Lacanau, promoted by Lacanau Surf Club.

Vale de Milho Golf

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"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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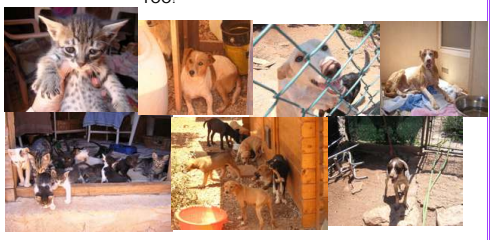

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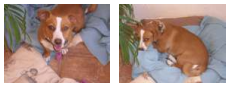
And for you "non" golfers:).....donations are always welcome and GREATLY appreciated, by the animals:) Please contact Ingrid at 918-973-896.



QUEENIE NEEDS A HOME....

Going Clubbing?

Are you a member of an association or group that deserves mention? Then this is **your opportunity** to tell the nation all about it; find new members, or maybe even start your own.

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Exposed: Life on the NHS

"There's no excuse for anyone over 18 to play with skateboards. Do you know how stupid you look when you fall off and come into A&E?"

A doctor who's worked in various accident and emergency departments throughout the UK reveals the pressures, heartbreak and miracles that staff witness in the frontline of healthcare.

Fending off a drunk, dealing with a violent drug addict, or helping an elderly woman devastated by the death of her husband may sound like the standard plot lines from a TV medical drama. But doctors in real life Accident & Emergency departments are dealing with these harrowing - and often dangerous - situations as a routine part of their working day.

Now one doctor has revealed what life's really like on the front line of the NHS in the UK.

Dr Nick Edwards, not his real name, has poured all his experiences - some downright hilarious, others heartbreaking - into his witty but thought-provoking book, In Stitches.

It's intended to give the public an insight so that "if you've waited two hours in casualty before you complain you do bear in mind that behind those curtains I may be trying to save a life". He also hopes it will act as a wake-up call to the Government about the demoralising effect on staff of some of the reforms of the NHS.

He says with dry humour: "People may have this stylised image of of A&E from TV shows, but believe me the stresses and strains are much greater and so is the volume of patients. Forget all the sex - substitute that for paperwork."

And with a wry smile he adds: "Also, unfortunately, I don't look like George Clooney - more like Charlie out of Casualty, and the medical students are not usually as beautiful or as helpful as the ones depicted in ER!"

In an average day he can find himself "saving the life of a 12-year-old girl horrendously injured in a car crash, an incredible feeling of satisfaction," before dealing with the trauma of not being able to save a sick baby.

He says: "You never know what challenges you'll face in a day, and it can be intensely satisfying, depressing or frustrating - and sometimes all three at once!"

Nick's caseload is certainly not glamorous and includes a toxic cocktail of modern ills - everything from obesity, diabetes, drug abuse, and mental illness, to an increasing round-the-clock stream of alcohol-related problems.

"The extension of the licensing laws means instead of seeing drunks from 11pm until 2am now you can get them any time up until 7am," he says.

"Young girls come in so drunk they can't stand, and will have consumed an incredible amount of alcohol, which they think is normal for a night out. If I drank half of it I'd be paralytic.

"While young lads may have got in a fight, or been found unconscious in the street. Many of them are in danger if they are not observed, as they could choke to death, which leads to time and money spent keeping them in beds just because they've over indulged on a night out."

There are also those who cynically abuse the system. "One man used to get drunk then deliberately complain of chest pains, which he knew would guarantee he'd get taken to hospital by ambulance. There was nothing wrong with him but he happened to live round the corner from the hospital so it was the equivalent of a 'taxi' home. We eventually got wise to him and one ambulance took him to a hospital 35 miles away and we never saw him again!"

One side effect of drugs or drink is increased aggression, and patients using violence against staff. "I've ducked punches several times and I know colleagues who've been hit, bitten and kicked. It's frightening and definitely leads many junior doctors to choose not to work permanently in A&E," he reveals.

He urges an increased tax on alcohol to raise its price to help curb binge drinking. "Some of the money from that extra taxation should go to the NHS which is dealing with the problems it creates."

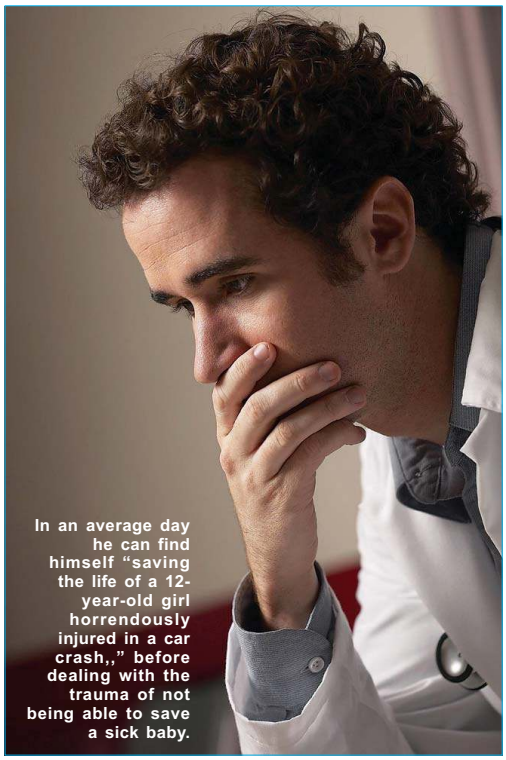
Nick is critical about the new GP contract deal, in which family doctors signed away responsibility for providing care during evenings and at weekends.

He points out that lack of out-of-hours care often impacts on elderly people in nursing and care homes who have to be brought in to A&E, for often minor ailments.

"If they are confused and suffering from dementia being suddenly moved from their surroundings will often disorientate them and make them very frightened, stressed and worsen their condition. A 'home' visit could be more effective and minimise the stress."

Many other patients, unable to see a GP, turn to NHS Direct, the nurse-run phone in system, where "nurses have to work to rigid protocols and cannot see patients face-to-face to make judgements, and often people cannot describe their symptoms clearly. So nurses have to err on the side of caution and send people to A&E," says Nick.

The result can be patients with minor complaints such as a sore throat, or even long-term problems such as arthritis, adding to



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frontline

the queues.

One of his major bugbears is the rule that 98% of patients must be seen and treated or admitted within four hours. "The four-hour wait rule was a fantastic idea as nobody should have to wait longer, but it is now distorting clinical priorities."

There are problems completing treatment within that timeframe, he says. "Some people do need to stay in A&E longer especially if they have to be observed, or are awaiting the results of tests and scans.

"Sometimes it means that we cannot satisfactorily finish treating people, so we are forced to admit them to hospital when all they may need are a couple more hours with us, or we have to refer them on to a consultant to finish a treatment we could have carried out. All this costs massive amounts of money and is unnecessary."

Instead doctors should be allowed to use their discretion in certain cases without fear of disciplinary action over breaching targets. "This saps morale and adds to the already great pressure that doctors and nurses are under."

Seeing a huge array of human suffering can take its toll. As an A&E doctor he reveals that you have to "develop a barrier where emotion doesn't get to you. It's important because only by being rational can you deliver good quality care."

But he confesses: "Sometimes cases do get to you. I remember the case of a 14-year-old girl who attempted suicide because she was bullied at school. She'd left a note asking her parents to look after her guinea pig. Luckily we just managed to save her, but as a father myself it really touched me.

"Another moment was [treating] a woman of 85, who died after she was admitted. When I told her husband he just said, 'What do I do now? I haven't been on my own for 64 years'. He then walked in to see her and with tears rolling down his face said, 'I love you' and then, 'See you in heaven'. Also, you know that he will be back soon as invariably widowed men die shortly after their spouses."

He emphasises the anecdotes in the book do not break confidentiality as they're a composite of his and other colleagues' experiences and stresses: "I'm not a whistleblower, but my worries about what's happening to the NHS - in particular A&E - gave me the motivation to write this book.

"While I would never want to give up this job - there are countless times when I know how privileged I am to do a job that I think helps to make people's lives a little better - many of my colleagues are leaving the NHS and going to work abroad because they feel disheartened by the way it is going, with too few doctors overburdened by too many patients, and the priority given to targets not people."

He is critical of proposals to scale down dozens of district general hospitals with care being offered instead at regional 'centres of excellence'.

"These local hospitals offer a service which should not be thrown away, and it could lead to patients being put at risk as they may have to travel 50 miles further to get treatment."

Overall, he says of recent years: "Despite the enormous sums of money that have been spent, for the NHS as a whole the overall benefits have been underwhelming.

"To try to get 'better value for money', targets have been implemented and reforms made that threaten the structure, efficiency and ethos of the NHS, driving it away from co-operation and caring towards incoherence and profit-making.

"That's sad for people who work in it and for the patients."

HOW TO AVOID ACCIDENTS IN THE FIRST PLACE

The doctor light-heartedly suggests the following should be banned:

:: Lawn bowls: "There are a ridiculous number of little old ladies who fracture their hips tripping over bowls or have heart attacks due to competition pressure."

:: Wonderbra adverts: "Sexy roadside advertising using fit girls results in drivers coming in saying, 'I was driving along and got distracted by that advert of the fit bird... I crashed'."

:: Chelsea tractors (4x4 cars): "These are designed for muddy terrain and have bars for protecting against bulls. When kids collide with the bars the injuries can be severe. Think about other people's safety before going on school run."

:: Motorised mini scooters: "Why are they on our streets and estates? They are possibly the most dangerous things I have ever seen and people fall off them and get nasty injuries."

:: Excessive outdoor Christmas decorations: "People fall off roofs and get electrocuted putting them up and drivers get distracted saying, 'What is that chavy monstrosity?' and crash into the car in front."

:: Skateboards: "There's no excuse for anyone over 18 to play with these. Do you know how stupid you look when you fall off and come into A&E? Also please get children who ride BMX bikes to wear protective helmets and pads. It could mean I dread working the school holidays less."

HOW TO BE A GOOD PATIENT

Nick's suggestions for a smoother ride at A&E:

:: "Unless it is an accident or an emergency go to your GP first."

:: "Don't come just because your no-win, no-fee, no self-respect lawyer has told you to come."

:: "If you have had a bad back/knee/ankle for more than two days, try pain killers first before coming to A&E."

:: "Please bring a list of the pills you take. Ridiculously, we haven't got access to GPs computer records and it can take four hours to get hospital records."

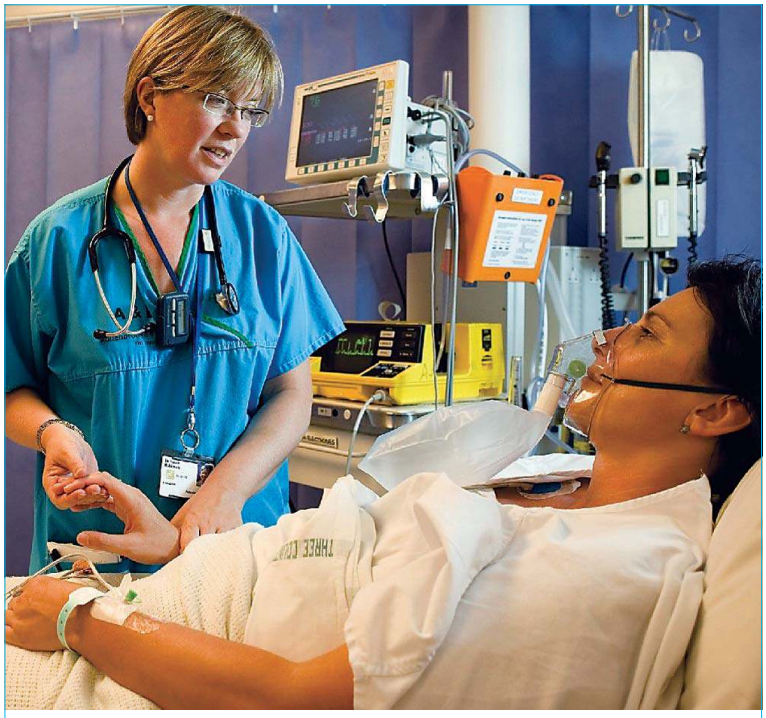
:: "Don't call an ambulance because you think it will get you seen quicker - it won't."

:: "Don't be racist. Ever."

:: "Make jokes with us, but please make them funny. If you think we have been nice to you, please write in and say thanks. It really does make our day worthwhile - genuinely."

:: "Understand that we have emotions too. We may have just seen a child die, or had to break bad news to a relative. It may be our sixth night in a row, and we might be missing our family. Have patience, be polite and friendly and don't moan too much if you have to wait to be seen."

Gabrielle Fagan



"There are countless times when I know how privileged I am to do a job that I think helps to make people's lives a little better."

THE BRITISH RETIREMENT HOME
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Founded in the mid-1980's, the British Retirement Home is situated in a quiet cul-de-sac near the beach, within easy walking distance of the centre of Sao Pedro do Estoril, on the Lisbon-Cascais railway line. Open to residents of all nationalities, it comprises 10 unfurnished apartments with a kitchenette and an en suite bathroom as well as 8 individual rooms with private bathroom for those who are less independent. 24 hour Care Support is provided by a bi-lingual team, headed up by a registered Nursing Sister. Links with the local community ensure a steady flow of volunteers to help with outings, shopping trips and social events.

Non-residents are welcomed on a daily basis or for short-term stays for recuperation or holiday periods.

For more information contact 214 688 694 during working hours, or visit www.brhportugal.com

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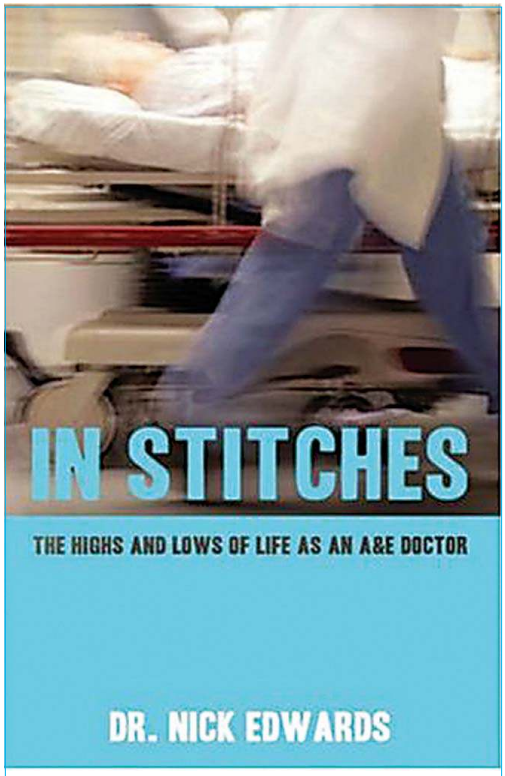


In Stitches: The Highs And Lows Of Life As An A&E Doctor, by Dr Nick Edwards, is published by The Friday Project, priced £7.99/€11.54.

Historical Boston

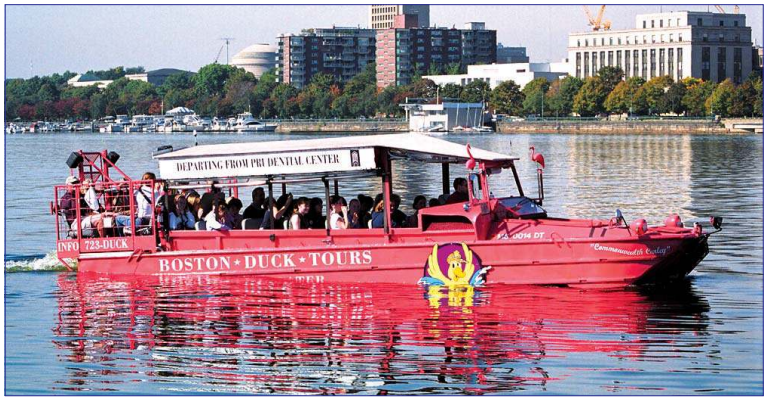
Splashing into the Charles River onboard a bouncing Second World War submersible was a pretty bracing way to discover some of the memorable sights of Boston!

The city's Duck Tours take you over land and water on a fleet of converted amphibious vehicles originally used to deliver troops and supplies to the beaches of Normandy and Sicily.

Our lilac vehicle was driven by 'Nevada Cowgirl', who had lots of interesting information at her fingertips - such as the fact that more ice cream is eaten in Boston than anywhere else in the States, and that there are 1,100 Dunkin' Donuts stores within a 80-kilometre radius of the city.

But we also saw plenty of the historical landmarks that are on virtually every corner of this attractive town. Particularly notable are the picturesque neighbourhoods of Beacon Hill and Charlestown, where streets are lined with clapboard houses and old-fashioned gas lamps.

Another good way to get a sense of the city's history is to follow the Freedom Trail, which is easy to navigate, with red lines along the pavement marking out directions.

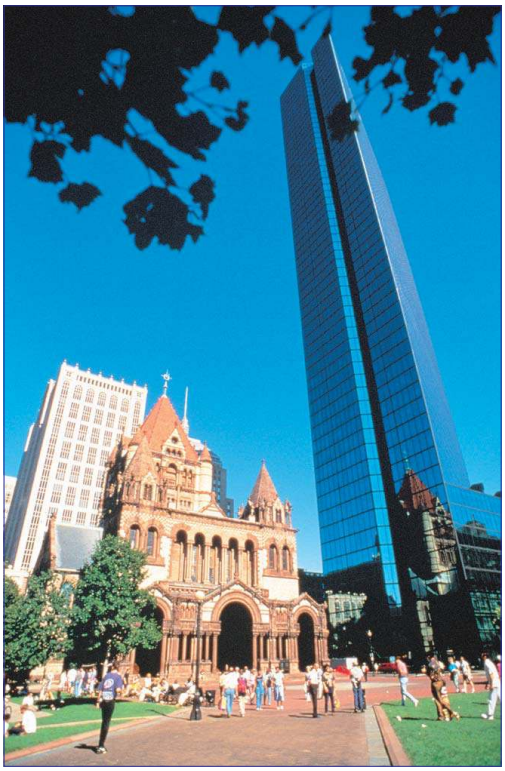


There are lots of wooden buildings nestling among much more modern tower blocks and the trail also takes you through the vibrant Italian neighbourhood.

You will also see the Old South Meeting House, which was the site of a protest against the tax on tea in 1773 that culminated with the Boston Tea Party, the Bunker Hill monument commemorating one of the first battles of the American Revolution, and the house of patriot Paul Revere who is one of the city's most famous sons.

There are plenty of pubs and places to stop for a snack on the way but if you are searching for something more substantial, good restaurants can be found all over the city and fresh seafood is often a speciality.

If you want to try some great clam chowder - a local favourite - then the Union Oyster House is a good place to start. Obviously, as its name suggests, it also serves oysters and claims to be America's oldest restaurant - established in 1826.



More tasty seafood is on offer at McCormick and Schmicks at the Faneuil Hall Market Place, which gives you an opportunity to combine a visit with some shopping and enjoy the nearby attractions of Boston's waterfront. Here you will find live fish at the New England Aquarium and an opportunity to go on whale-watching trips.

For a fine dining experience then the Aujourd'hui restaurant at the Four Seasons Hotel is recommended. And from its dining room there are lovely views of Boston's Public Garden - the oldest public botanical garden in the US.

An even more impressive view can be had at the Top of the Hub restaurant, on the 52nd floor of the Prudential Tower.

Another hotel with a restaurant worth stopping at is the Fairmont Copley Plaza whose Oak Room is known for its steaks. Animal lovers may also enjoy meeting its 'canine ambassador', a black Labrador called Catie Copley who greets guests.

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Pictured above: Faneuil Hall Marketplace at dusk - with 125 shops and 21 restaurants, Faneuil Hall has a festive atmosphere any time, day or night; left: Charles River Basin, Boston, viewed from Cambridge, Massachusetts; and below: A room at the Omni Parker House Hotel, Boston. Opposite page - left: Boston Duck Tours - These fully narrated historic tours take place in authentic WWII amphibious vehicles through the streets of Boston and into the Charles River! Right: Trinity Church and John Hancock Tower. (All photos: Press Association)

ing the Back Bay area of the city and Copley Square itself is home to two of the city's best known buildings - the elaborate Trinity Church and Boston Public Library. New England's tallest and very modern building - the John Hancock Tower, designed by IM Pei, is also here and provides a stunning architectural contrast.

For shopping opportunities you can head to one of the many malls or the exclusive boutiques of nearby Newbury Street. And with the exchange rate at the moment favouring British visitors there are definitely some good buys to be had.

For real bargains, head for another local institution - Filene's Basement. It has a huge range of discount clothing and the pricing system means that the longer an item has been unsold, the cheaper it is.

If you are in the mood for more sightseeing, the Mary Baker Eddy Library houses the Mapparium. It is a three-storey high globe created in 1935 from 608 panes of stained glass panels. A walk through the centre of it on a glass bridge gives a unique sense of how the world was seen 70 years ago.

Another unusual attraction is the Isabella Stewart Gardner Museum - a very eclectic collection of more than 2,500 art works collected by Mrs Gardner in the 1890s, displayed in her house which was built in the style of an Italian Palazzo.

Sadly some of the best works were stolen in a heist in 1990 and you can still see the bare marks on the walls.

In term time around 250,000 students arrive in the Boston area to attend its 60 colleges and universities. The most famous of these is Harvard, which was founded in 1636 and can be found across the river from Boston in Cambridge.

It is a laidback place to wander around and it's worth stopping to see the statue of John Harvard, known as the statue of three lies - it claims he was the founder of the university when he was a donor, gives the wrong date of the establishment of the college, and it was actually modelled on an unknown student. Nonetheless touching his shoe is still thought to be lucky.

We stayed in the Omni Parker House hotel, which is extremely comfortable and handy for many of the sites and shopping. As well as being America's longest continuously operating hotel, it can claim to have employed both Malcolm X and Ho Chi Minh.

We combined our visit to Boston with a few days in New York, a short flight or train journey away.

If you are a fan of the TV series Cheers you can visit the Bull and Finch pub that inspired the show in the Beacon Hill area of Boston, but in New York you can see the landmarks used for filming the series Sex And The City.

On Location Tours operate the fun coach trip that also gives you a good opportunity to get orientated and see how all the different districts fit together. You will pass through Soho, Nolita, Greenwich Village, West Village and the Meatpacking District and spot places worth revisiting on foot.

With the pound riding so high against the dollar, shopping and sightseeing in two of America's most impressive cities will surely never be cheaper.

TRAVEL FACTS

:: Charlotte Gapper was a guest of Kuoni Travel (00 44 (0)1306 747 008 or www.kuoni.co.uk), which offers seven nights room-only twin centre stays including four nights at Park Central Hotel New York and three at Omni Parker House Hotel in Boston from £1,069/€1,541 through 2007, including Continental Airlines flights ex-Gatwick.

:: Continental departures direct to New York/Newark also leave Belfast, Birmingham, Bristol, Edinburgh, Dublin, Shannon, Glasgow and Manchester.

:: Further information about Duck Tours is online at: www.bostonducktours.com. Tickets around £14/€20 per adult, and £9/€13 for 3-11-year-olds.

:: For more information on Mapparium go online to: www.marybakereddylibrary.org; for Gardner Museum go to: www.gardnermuseum.com; and for the New England Aquarium go to their website: www.newenglandaquarium.org.

:: For Sex and the City Tours see www.sceneontv.com.

Charlotte Gapper

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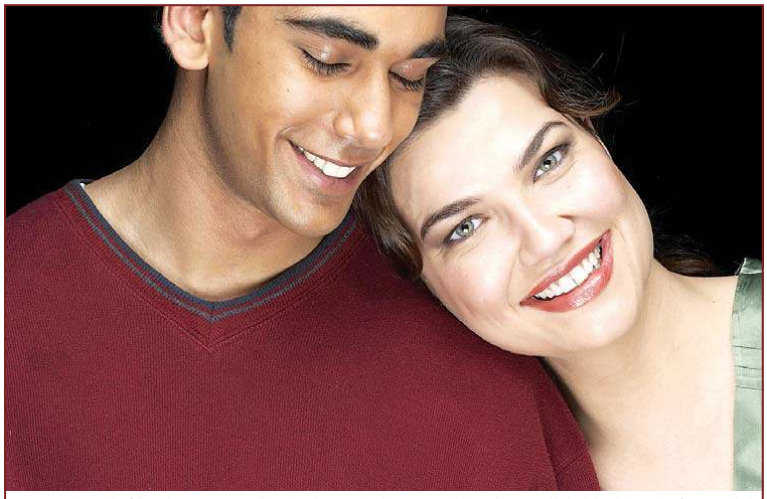
Just good friends

Sienna Miller and pal Rhys Ifans have recently been the subject of speculation that they're more than 'just good friends'. The experts discuss if you can really be best mates with the opposite sex and how to tell if there's potential for a relationship.



A male friend may seem like the least obvious candidate in your little black book of potential partners, but when the line between good friendship and beautiful romance becomes blurred, could the love of your life be right under your nose? (Photo: Press Association)

Sienna Miller may be a famous actress but her love life has grabbed more headlines than any of her movie roles. From Nannygate, through to dates with numerous co-stars, the tabloids just can't stop speculating on the actress's latest squeeze. Recently the rumour mill has gone into overdrive that Sienna's seeing her best pal, Rhys Ifans.

The 'platonic' pair were first spotted looking loved-up while on holiday in Ibiza in August and have appeared inseparable ever since. With ongoing stories in the press, Sienna did her best to quash talk of a relationship, declaring: "Rhys is crashing on my couch - we're not sleeping together."

Whether or not there's any truth to the rumours, Sienna and Rhys wouldn't be the first couple to have met their match via the unexpected route of 'friends first, lovers later'.

A male friend may seem like the least obvious candidate in your little black book of potential partners, but when the line between good friendship and beautiful romance becomes blurred, could the love of your life be right under your nose?

Perfect Match?

Emily Dubberley, author of You Must Be My Best Friend Because I Hate You, believes a close male chum can make the ideal partner.

"If you both want the same thing then a friendship can be a great basis for sex or a relationship," she says.

"You already know you like each other and with any luck, trust and respect each other too, which is essential for a relationship."

But the course of true love never does run smoothly, so it's important to be 100% sure of what you both want before you go jumping in at the relationship deep end.

"If one of you wants a quick fumble and the other wants love, marriage and babies then things can get problematic," Dubberley says. "Your best bet is to talk about it seriously before leaping in there. Give yourselves enough time to think about what you're doing before taking the plunge.

"If it all goes wrong, in the long-run you could lose a friend which can be tougher than losing a sexual partner," she warns.

No Strings

Sienna and Rhys reckon they've got it sussed on the perfect opposite sex friendship, but can you really be best mates with a boy with no strings attached?

"Yes, if you're careful not to flirt and give off the wrong signals," says Dawn Gay, iVillage's relationship expert.

"Men can be fantastic friends if we understand from the beginning that they are different from our girl mates and we should allow them to be men - don't drag them around shops on a Saturday!

"A platonic male friendship can be just as rewarding as any girl buddy - until the moment they meet someone, then your friendship will have to be managed carefully," Gay adds.

Dubberley agrees that a good male mate can offer you different perspectives from your female friends. Their advice could even land you the man of your dreams.

"A friendship with a guy can improve your sexual relationships. Knowing how men think and learning to relax and be yourself around guys is always handy," she says. "They also tend to be more down-to-earth than women, and generally don't hold grudges or 'bitch' as much."

A Guy's View

If you've been pondering that your pal has the potential to be 'the one', is it wise to pursue romance? Jeff Maysh, Loaded magazine's senior writer disagrees that guys and gals can really be best friends without an ulterior motive.

"In the annuls of time, man has always, always been waiting for that moment to strike like a cobra. Or at the very least they're hoping for a drunken lunge," he says.

But life coach Rasheed Ogunlaru believes strong friendships create a good grounding for a successful coupling.

"A close friendship is key to any relationship that's going to survive," Ogunlaru advises. "If there isn't a strong mental bond - as well as physical attraction - then any relationship will fizzle out when our physical allure does."

He has this advice for spotting when friendly banter turns to heavyweight flirting: "Does he give you prolonged glances? Most friends don't do this," Ogunlaru suggests.

"Your mutual friends may also subtly or blatantly hint at obvious attraction. This isn't definitive but can be a smoke signal. If this happens it can be a good time to gently discuss 'the rumours' with your 'best friend'."

Lisa Haynes

Take the quiz

How attractive do you find your friend? Is love blossoming? Lynda Field, author of Weekend Love Coach has this quick quiz:

1) Would you describe your friend as a man who:
(a) Is often very negative
(b) Is sometimes low in confidence and self-belief
(c) Tries to keep as upbeat as possible
(d) Is able to keep things in perspective and knows how to value himself

2) Would you describe him physically as:
(a) OK
(b) Quite attractive
(c) Your type of man
(d) A gorgeous sexy hunk

3) Would you describe him as a man who:
(a) Is emotionally withdrawn
(b) Isn't in touch with his feelings but recognises yours
(c) Tries to express his emotions but finds it hard
(d) Knows how he feels most of the time and is prepared to bare his soul to you

Score as follows: (a) = 0, (b) = 2, (c) = 6, (d) = 8
:: If you scored 0-6: He is struggling in the total attraction stakes. This relationship is a difficult one, and romance is not part of it.

:: If you scored 7-13: Romance is not blooming yet, although there is a glimmer of hope.

:: If you scored 14-19: This might be love. His energy attracts you at some levels and you can build on this.

:: If you scored 20-24: He has what it takes to keep you satisfied at all levels. Lucky girl - hang on to him - he is romantic love material.

Sienna Miller and Rhys Ifans popping round to Davina Taylor's house to see Kate Moss, in central London. (Photo: Press Association)

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Bringing up a green baby

Being environmentally friendly should start from the day you're born, according to green parenting expert Jill Barker. We speak to her about her new book, Baby Green, which advises on how to make eco-friendly baby care decisions.

Every parent wants the best for their baby - but in these days of global warming and predicted environmental doom, they should also want what's best for the planet.

That's the view of eco-friendly businesswoman Jill Barker, who's written a book, Green Baby, to guide new parents through today's environmental minefield.

Barker, who runs the Baby Green chain of natural baby product shops in London, acknowledges that new parents may feel they have enough on their hands simply coping with their newborn, without addressing environmental issues too.

But she stresses: "Being a new parent, you can feel overwhelmed by the weight of responsibility not just for your life, but of your growing family too. The prospect of tripling your waste output is enough to make you put your hands over your ears and pretend it's not happening.

"Well, it's a lot easier than you might think."

One of the most obvious green issues for new parents is, of course, the disposable or washable nappies decision. Barker points out that disposable nappies account for half a family's weekly rubbish - which amounts to half a tonne a year. And apart from nappies filling up landfill sites, and possibly taking up to 500 years to degrade, they take a huge amount of resources to make - including four-and-a-half trees for the wood pulp in nappies used by just one baby.

"Parents who aren't sure about using washable nappies should initially just try using one of them, and work out how much they're not throwing away," says Barker.

"People are surprised at how easy it is - you do the washing anyway, so adding nappies to the load isn't such a big deal.

"We're told we just don't have the time - but our parents managed without disposable nappies, and most of them didn't have washing machines and the other gadgets that we have to help us today."

Another issue that the book tackles is baby's nursery, and how to make it non-toxic. This includes using paint low in volatile organic compounds (VOC), a wooden floor made with wood from a sustainable forest, and an unlacquered cot made with similar wood, without formaldehyde in the glue. Barker also recommends using curtains made of natural fabrics, and blinds which aren't vinyl, as they may contain PVC.

She stresses that the more natural the environment, the healthier baby will be, and adds: "The nursery is where babies spend most of their lives, and making it better for the environment is better for the baby too."

There's also advice on which ingredients to avoid in products such as baby shampoos and bubble baths, what foods to feed babies, and even green childcare principles such as checking that nurseries use organic food and green cleaning products.

Barker advises using clothes that friends' children have finished with, and only buying things for baby that you really need, rather than what the manufacturers say you need.

She adds: "This is the planet that we're leaving for our children, and they're going to be the ones who have to clean it up.

"You can't be selfish any more when you have children, and while some people might think that the little bit they do to be green isn't important, they need to realise that every little bit makes a difference."

One of the most obvious green issues for new parents is, of course, the disposable or washable nappies decision. Barker points out that disposable nappies account for half a family's weekly rubbish - which amounts to half a tonne a year. And apart from nappies filling up landfill sites, and possibly taking up to 500 years to degrade, they take a huge amount of resources to make - including four-and-a-half trees for the wood pulp in nappies used by just one baby. (PHOTO: Press Association)

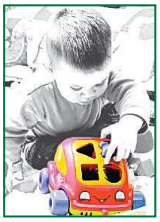
Three ways to

... get kids to eat fruit and vegetables

1. Encourage them to create their own vegetable patch where they can grow their own food to eat.
2. Let them choose their own fruit and vegetables and put it into bags at the supermarket.
3. Get them to cook fruit and vegetables with you, and to choose what to eat with it.

PHOTO: Press Association

CHILD / BABY SITTER



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Beauty is more than just skin deep

Gallinari's Hair and Beauty salon in Albufeira has now been pampering women (and men) for over 11 years. For six years it has been fully dedicated to Sebastian products and fashions, offering its clientele all the latest cuts, colours, and make-up trends.

Half-Italian half-Welsh Liza Gallinari owns and runs the popular salon. Hairdressing is in her blood, coming from a long line of family members who own or work in salons across Europe. Liza is a professional media and theatre make-up artists, as well as being a fully qualified beauty therapist and hairdresser.

Passionate about her trade, as well as Sebastian trends, she makes regular trips to the UK to ensure she is always one step ahead.

In her salon she is joined by Dutch hair stylist Jeanny, who has, over the years, accumulated an enthusiastic following of international clients, along with British nail technician Lynn, specialist in creative and decorative nails, using gel and nail art, as well as French manicures using permanent nail extensions.

Inside the salon.

Both girls have been with the salon for around four years and are now permanent fixtures, energetically contributing to the friendly and efficient service, as well as general gossip!

(R-L) The Gallinari Girls, Liza, Jeanny, and Lynn.

According to Liza, Sebastian's latest collection reflects what will be flooding next season's catwalks and fashion magazines.

Hairstyles will be based on big, layered bobs, as well as inverted bobs with choppy fringes. For those who want to keep their hair long, the good news is this will also be very big, keeping hair wavy, as opposed to last season's short and straight.

A more daring hairstyle for bold fashionistas is an accentuated 'Urchin' style with long, choppy edges.

Colours will follow solid, monochrome palates, focusing on icy blonds and rich, dark chestnuts. Any of these cuts and colours (and others) can be requested at Gallinari's.

Smouldering, smoky eyes and pale, naked lips will be big make-up wise, adding a touch of romance and innocence to daring, overstated hairdos.

Also available from Gallinari's is a new Reiki treatment, a Japanese technique that channels energy by laying hands on the body, Thursdays only, by appointment.

All products used in the salon are from Sebastian's hypoallergenic range. Make-up lessons, tips, and full hair and make-up packages are available to make you feel as great on the inside as you look on the outside. For more information, contact the Gallinari Salon in Albufeira on: (+351) 289 585 807.

Learn Portuguese at 'CIAL Centro de Línguas', Faro

For over 30 years CIAL has been offering high quality Portuguese Language lessons, combining flexibility, competence and friendliness. Realising that their responsibilities should not be confined to the four walls of the classroom: the centre's aim is to provide students with cultural experience and the capability of communication in daily life.

CIAL employs only qualified teachers, friendly yet highly professional. Refresher courses are held regularly to bring staff up-to-date in techniques and materials.

Teachers are submitted to training courses (EPLE), frequently.

The Portuguese courses, are taught in group classes, private groups, or individually.

Group courses for residents are based on modules of 30 hours. Lessons take place twice a week and last just under two hours each.

Alternatively, there are other group courses for non-residents and/or residents that take place all year and last 3 hours per day. The ourses are progressive from the starting dates, but apart from absolute beginners, who must begin on the starting dates, students can join a group at any time. Individual and Private Group Courses are programmed according to the students' specific requests including different professional themes if requested.

Students are welcome to bring any kind of documentation they may need to work on.

There is also 'Portuguese for Special Purposes', available in individual lessons or private groups, and which can be taught at the school or in the work place.

These courses aim to provide the students with spoken and written language practice while exploring a specific field. Themes can include banking and business Portuguese, hotel industry, insurance, law, and medicine. Another interesting course covers gastronomy, to enhance your socializing skills, allowing students to chat and eat with colleagues or friends, and be fluent in their social circles.

CIAL Centro de Línguas is a member of various official associations, including: AEPLE – Associação de Escolas de Português Língua Estrangeira, IALC – International Association of Language Centres, AATSP – American Association of Teachers of Spanish and Portuguese, and CCIS – College Consortium for International Studies.

For more information, contact CIAL on: (351) 289 807 611, mobile: 914 222 244, e-mail: algarve@cial.pt, or see website: www.cial.pt. The school is located on: R. Almeida Garrett, 44 – R/C – 8000-206 Faro

The exterior of the beautiful building.

Beautiful shoes at Bella Sapatos

Make shopping for children's shoes a fun experience, by paying Bella Sapatos a visit. You will find it is more than just an ordinary shoe store …

Dutch born Lucienne Wessels opened her sweet little shoe shop exactly one year ago. Together with the help of her friendly assistant, Viola, she supplies a range of the most popular brands of shoes for children, such as Agatha Ruiz, Bibi, Bobell, Crocs, Dulis, Fiorucci, Geox, Ikks, R. Cavalli, Naturino, Oilily, Polo Ralph Lauren, Pom D'Api, Primigi, Snuggs and many more.

Her shoes are imported from Italy, Holland, Spain and France, but she also stocks shoes from Portugal.

As an added service, she measures children's feet, to make sure that the shoes are a perfect fit. Lucienne is also able to give advice on what shoes best suit delicate toddler feet.

With a large selection of Crocs in an assortment of fun colours on display, and Jibbitz for embellishment – you are spoilt for choice!

Also available is a range of handbags, belts, necklaces, sunglasses, etc. to complement your child's choice of shoes.

Join her in her 1st anniversary celebration, by letting your children enter her colouring-in competition. Fun prizes can be won, for example: a bicycle, a skateboard or shoes. Closing date is 15 November, so don't miss out!

Children will love the play area with games and crayons – happily keeping them entertained, while parents make their purchase – a truly happy experience for mum and kids.

Find them in Lagos: Rua Infante de Sagres, No 55, 8600-743. Tel.: 282 761 155, Fax: 282 788 712, Mobile: 968 288 258, e-mail: bella8@sapo.pt or visit their website at: www.bellashoes4kids.com where you will soon be able to order shoes online and have them delivered to your door.

Children will love the play area with games and crayons.

With a large selection of Crocs in an assortment of fun colours on display, and Jibbitz for embellishment – you are spoilt for choice!

Personalised presents from PortuPromo

If 'a stitch in time saves nine' then PortuPromo saves a whole lot more. Established to offer a unique, customised gift service, the company exquisitely embroiders any textile or fabric to create one-off personalised presents that are perfect for any occasion.

People often get stuck when trying to pick out a special gift for a special occasion. PortuPromo solves that dilemma by offering beautifully embroidered garments customised for each specific client.

For example, his and hers towel or robe sets embellished with embroidered names and toasting champagne glasses are ideal for weddings or anniversaries. Canvas drawstring bags with embroidered designs of animals or Santa Claus make ideal gifts, for children, animal lovers, etc.

For businesses there is the option to personalise textiles, to promote or enhance a company's image. For example, embroidering towel sets for the likes of small guesthouses adds a more personal, professional touch, and t-shirts or caps can be designed with staff or establishment names. Even complete logos can be created.

PortuPromo boasts a wide variety of more than 1,000 designs, which grows by the day. Clients are welcome to consult the extensive catalogue library or bring their own designs. Textiles and fabrics can also be brought in by the client or left to PortuPromo to choose.

With Christmas fast approaching, now is the ideal time to place orders for tailor-made presents that won't fail to impress, and the possibilities are endless, even photographic, life-like embroidered portraits can be done, all that is needed is a good, clear photo of the subject. End products are prettily gift-wrapped and beautifully presented.

Hetty (L) and Marianne

Marianne Schuyffel, who has lived in the Carvoeiro area of the Algarve for nearly 20 years, established PortuPromo in April this year, joined by friend Hetty Beekhuis.

The Dutch duo decided to set up PortuPromo following a skiing holiday in Sierra Nevada, Spain, when they came across a small shop doing personalised embroidered caps as gifts and souvenirs.

Years later, Marinane remembered the little shop and decided that sort of unique, dedicated service with a friendly finishing touch was just what the Algarve needed.

She imported an impressive six-needle sewing machine from Holland, enlisted the help of close friend Hetty, and together embarked on an embroidery adventure that is proving very successful and even more enjoyable.

Always in good spirits the two are more than happy to sit down with clients to determine exactly what type of gift and respective embroidery would be best, and despite being capable of producing large quantities, they will only take on a job if they are sure it will meet deadlines. If it is the perfect gift you are looking for, then look no further. Any message, design, or logo can be created, in a rainbow of colours. For more information, contact: (+351) 968 110 445, 968 106 334, e-mail: infor@portupromo.com. Alternatively, see websites: www.portopromo.com, or www.matri.nl.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 13 Oct 2007

PROPERTY OF THE WEEK

An unmissable opportunity in Moncarapacho

Situated in a privileged position in Moncarapacho is this week's 'Property of the Week', a recently built, never-lived in, sprawling property with heaps of potential to become truly outstanding, with little effort.

Currently on the market for just €650, this property is priced for a quick sale due to the owners' personal circumstances. It is a beautiful house, located just north of the EN125, boasting stunning, uninterrupted costal views. South facing, it enjoys floods of natural light all day long.

Surrounding the property is 13,460 square metres of land, which with a little landscaping could be transformed into something fabulous.

Spread over two floors this five-bedroom villa has been built to a high standard, using quality materials and finishings.

Through a front door flanked by columns we enter a hall that is bright and airy. It has a very high ceiling, as the first floor landing is open.

To the right of the hall a set of wooden double doors open into the large living/dining area. From this room, two sets of patio doors open onto the front of the property, making it a bright room, aided by inset downlights, it also has a focal woodburning-stove set in a fireplace carved from solid marble and granite.

Through from the living/dining room we enter the kitchen, a well-proportioned room with plenty of space for a family breakfast table. It is fitted with oak cupboards and modern aluminium appliances. To the back of the kitchen there is a big utility room with fitted storage cupboards, divided into a larder and separate laundry room. Both the kitchen and the utility room have doors leading to the exterior, to a covered barbeque station and dining patio.

Front from the hall there is a contemporary guest WC styled with aquamarine floor tiles and smoked glass fittings.

Left from here is an office, with its own entrance, and three good-sized bedrooms, one en-suite, two with patio doors, all with carved-wood fitted wardrobes.

There is also a large family bathroom with its own in-built linen closet.

Left of the hall is a solid marble staircase, with a decorative cast iron balustrade, that climbs to the first floor. Here, at opposite ends of the landing, are the remaining two bedrooms.

To the left is a good size bedroom, with a door to its own private balcony, from where one can drink in the panoramic Eastern Algarve coast views.

To the right is the master-suite, a huge room with a seating area, a sleeping area, a large, walk-thorough dressing area, complete with automatic lighting and loads of fitted wardrobe and cupboard space on both sides, and an enormous en-suite bathroom. This en-suite has, unusually, two toilets, his n' hers basins, a shower, and a huge corner hydromassage bathtub for two! It also has doors to its own large balcony.

Adding to this property's potential is a large area of roof space, which could easily be converted into a home-cinema, office, etc, with the fitting of another staircase.

Throughout there is central heating, pre-installation for air-conditioning, heated towel rails in all bathrooms, and all windows are double-glazed.

Completely fenced with separate entrance gates at opposite ends, the property further comprises two garages and is in a private, peaceful spot, just five minutes away from Moncarapacho and from the A22 motorway. Twenty minutes away from Faro airport, it enjoys an excellent location and an equally excellent price for a quick sale. For more information, contact Rustic Properties, Med. Unip. Lda AMI 7286. Address, Largo D. Afonso III nº16 A, 8100 Loulé, telephone: (+351) 289 414 444, fax: (+351) 289 414 460, or e-mail: info@rustic-properties.pt.

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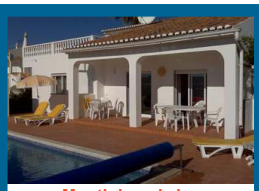
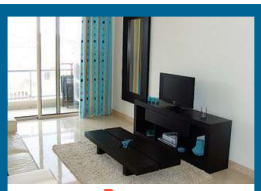


Montinhos da Luz

- 4 Bedroom, 2 Bathroom Villa
- Swimming Pool
- Sea View
- Excellent Value

Ref. M312
Price: € 450,000



Burgau

- 2 Bedroom, 2 Bathroom Apartment
- High Quality Construction
- Fully Furnished
- Swimming Pool

Ref. A159
Price: € 265,000

Lagos

- 2 Bedroom, 2 Bathroom Apartment
- Quiet Residential Area
- Mature Gardens
- Communal Swimming Pool

Ref. A158
Price: € 150,000

Almadena

- 4 Bedroom, 3 Bathroom Villa
- Excellent Condition
- Swimming Pool
- Country Views

Ref. M313
Price: € 400,000

Lagos

- 4 bedrooms 3 bathrooms
- Next to Golf Course
- Newly renovated
- 8 x 5m Swimming Pool

Ref. M314
Price: € 495,000

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Algarve - Portugal
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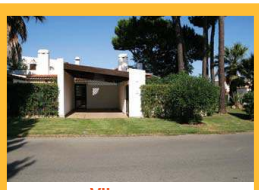
vilagente@mail.telepac.pt
www.vendavilla.com

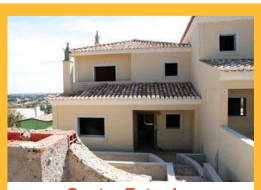
Vilamoura
Attached villa composed of 2 bedrooms, 2 bathrooms, lounge and dining area, kitchen, storage area and terraces. Construction area - 140 square metres.

Ref: V12491 Price: € 215,000

Vilamoura
Spacious 1 bedroom apartment plus 1 small bedroom, bathroom, lounge w/ fireplace, kitchen, hallway, storage & terrace w/ sea view. Parking space & storage in the basement. Communal sw. pool & garden area. Furnished & equipped. Const. area - 99 sq.m.
Ref: A1201 Price: € 272,000



Vilamoura
Semi detached villa in a beautiful complex w/ communal swimming pool & garden area. Composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace and dining area, kitchen, storage, terraces and roof terrace. Carport. Furnished and equipped. Const. area - 212 sq.m.
Ref: V12509 Price: € 350,000



Quatro Estradas
Semi detached villa composed of 3 bedrooms, 3 bathrooms, lounge and dining area w/ fireplace, equipped kitchen and terraces. Swimming pool and garage for 2 cars.

Ref: V12502 Price: € 395,000

Vale Judeu
Country villa composed of 6 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen, laundry room, office, various storages & terraces. Carport. Swimming pool & garden. Furnished & equipped. Country and sea view. Plot area - 4000 sq.m.
Ref: V12483 Price: € 545,000

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- Golf Rights
- Private Swimming Pool

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Parque da Floresta
- 2 Bedroom, 2 Bathroom
- Furnished
- Fitted Kitchen
- Superb Golf Course Views
- Golf Rights
- Communal Swimming Pool

€326,000
P963T

Quinta de São Roque
- Fractional Freehold
- 2 Bedroom, 2 Bathroom
- Open Living/Dining Room
- Private Parking
- Golf Discount
- Communal Swimming Pool

€115,000 Quarter Share
R625A

Parque da Floresta
- Fractional Freehold
- 3 Bedroom, 2 Bathroom
- Golf Course Views
- Fully Furnished
- Golf Rights
- Communal Swimming Pool

€131,500 Quarter Share
V448T

Parque da Floresta
- 2 Bedroom, 2 Bathroom
- Fully Furnished
- Six Terraces
- Air Conditioning
- Golf Rights
- Communal Swimming Pool

€63,500 Twelfth Share
V436T

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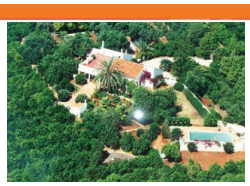

PADERNE
Ref. V71938
Farm w/ orchard in private & quiet area on 20.000 sq.m. plot w/ 240 constructed area. Extension possible. Furnished & equipped. Central heating, Borehole, solar panel, satellite dish. Garden w/ terrace, BBQ area & pool. Excellent potential for rural tourism. Investment opportunity.

Price: € 695,000.00

VILAMOURA
Ref. A71960
As new two bedroom apartment with 100 sq.m. of constructed area only a 10 min walk from the Marina and Falésia beach. Fully furnished and equipped. A/C. Closed condominium with garden and pool. Sun terrace and balcony with barbecue. Investment opportunity.

Price: € 230,000.00

BOLIQUEIME
Ref. V71872
2 semi detached villas only 15 min from beach & Vilamoura. Plot 3.000 sq.m. w/ 577 sq.m constr. area. 6 bedrooms & 5 bathrooms. Living w/ fireplace. Double garage. Panoramic country & sea view. Garden w/ 2 barbecue areas. Possibility to build a swim. pool. Excellent letting potential.

Price: € 595,000.00

VILAMOURA
Ref. A71967
2 bedroom apartment inside prestigious Millennium Golf Course. Constructed area 100 sq.m. Fully furnished and equipped. Finished to a high standard. Central heating, A/C. Terrace overlooking garden and pool area. Underground parking and storage. Fabulous front line golf views.

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1365 Vista Marina 1 bedroom, 1 bathroom, 1 car-garage, pool, seaview. **€ 182.000.00 new**

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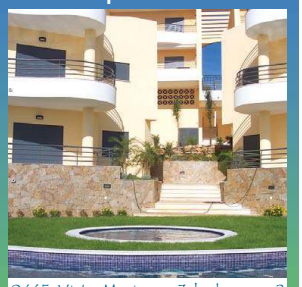
1367 Balaias Paradise 2 bedroom, 2 bathroom, 1car-garage, pool, seaview.

€ 290.000,00



0465 Vista Marina - 3 bedroom, 2 bathroom, 1 car-garage, pool, seaview.
€ 272.500,00 new

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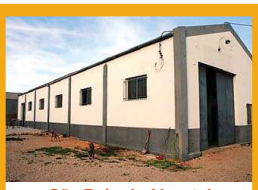

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- Large building of 300m²
- Prepared for extra 300m²
- Active commercial license
- Spacious business area
- Office, toilets, extra room
- Large parking area

Ref. I989
Price: € 300.000

São Brás de Alportel
- Lovely new villa
- 4 bedrooms, 3 bathrooms
- Pool and terrace
- Beautiful country views
- Garage
- Villa 200+m² plot 5000m²

Ref. V839
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Carvoeiro
- Superb new luxury villa
- 4 bedrooms, 3 bathrooms
- Large pool 10m x 5m
- Lovely location, sea views
- 10 minutes walk to beach
- Villa 350m² plot 1.625m²

Ref. V922
Price: € 1.150.000

São Brás de Alportel
- Attractive villa, quiet area
- 2 bedrooms, 2 bathrooms
- Pool and terrace
- Lovely views to the coast
- Terraced irrigated garden
- Villa 130m² plot 4.310m²

Ref. V985
Price: € 350.000

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Fax: 281 370 761

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www.estealgarve.com

Corte António Martins
Charming 1 bedroom house w/ A/c, lovely surrounding terrace areas & large roof terrace, surrounded by 1.300m2 land, 2 km from Monte Rei golf-course, 8 kms from Vila Nova Cacela w/ its variety shopping possibilities & 9 km to the long sandy Manta Rota beach.
Ref:EA 032 HCA Price: €169.000

Praia Verde
Very comfortable terraced 3 bedroom, 3 bathroom house, built in 2002 w/ lovely large roof terrace, within attractive urbanization surrounded by pine trees, walking distance to beautiful Praia Verde beach, 6 kms from Vila Real Stº António & Spain, 2 kms from Altura.
Ref:EA033THPV Price: €350.000

Manta Rota
High quality, semi-detached 3 to 4 bedroom villa w/ central heating, A/c & swimming pool on plot of 500m2, conveniently situated within walking distance to Manta Rota centre & beach, 5 mins drive to various golf-courses, between Vila Real Stº António & Tavira.
Ref:EA 034 VMR Price: €390.000

Fazfato / Vila Nova de Cacela
Property in need of complete renovation, could be a delightful cottage w/ front south facing patio, located in a pretty row of Algarvian cottages w/ sea view, l8 km north of Vila Nova Cacela, close to Monte Rei golf course. Sahred bore hole. Mains water close by.
Ref:EA 035 RFF Price: €68.000

Cabanas de Tavira
Comfortable 2 bedroom apartment on 1st floor w/ south facing 8.50m2 veranda in complex w/ access to 4 swim. pools. Walking distance to Cabanas w/ its lovely lagoon & beach, variety of restaurants, shops & pubs. Sold furnished & equipped.
Rf:EA036ACAB Price:€158.500

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If you want to see more detailed information about these - and other - properties, please visit our website:

www.landandhousesalgarve.com

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Tavira
Something Special Opportunity to built 1 or 2 houses in the historical centre of Tavira, w/ garden & pool. Covered area 250 to 430 m2 depending on the size of garden.

Ref: LHR-747 Price: € 265.000

Tavira
T2 townhouse in mature urbanisation in Tavira w/ large terrace, communal pool, stunning views & good rental potential. Construction approx. 130m2, built in 2004.

Ref: LHT-824 Price: € 267.000

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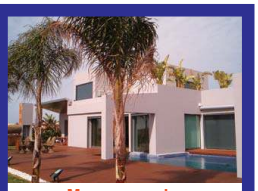
please contact us to arrange an appointment.

Tavira
Spacious, new 5 bedroom family residence, w/ office, garage, terraces & garden, in a quiet Cul de Sac. Construction approx: 238 m2, (excl. basement), plot 674m2.

Ref: LHV-935 Price: € 600.000



Moncarapacho
Large 5-bedroom villa. Immaculate condition. Pool, garage & landscaped garden. Central location. Construction approx: 480 m2, plot 1337m2, built in 2006.

Ref: LHV-927 Price: € 850.000

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5 bedroom townhouse...very well located, close to all amenities, with first quality materials, garage, yard, roof terrace. Excellent Price!!
Price: € 275.000,00
Ref.: MG-VIV-0093
Call: 917 787 582

Olhão
3 bedrooms Villa...very well located, close to the Natural Reserve Park, w/ garden, garage & terrace Great views from terrace!! Excellent opportunity!!
Preço: € 295.000,00
Ref.: MG-VIV-0092
Call: 917 787 582

Fuzeta
Unique opportunity! Apartment building including one 1 bedroom apartment, one 2 bedroom apartment & a store on a commercial area!! Great rental potential!! **Income source!!**
Prices : € 450.000,00
Ref.: AO-EMP-0001
Call: 962 335 514

Quarteira
Fantastic view from this 1 bedroom first line apartment in Quarteira, less then 1 min. walking distance from the beach...just across the street!!
Prices From : € 190.000,00
Ref.: CB-APT-0054
Call: 962 335 514

Tavira
4 bedroom townhouse...first quality finishing, very well located, with yard and terrace. Great Views!! Excellent opportunity!!
Price: € 360.000,00
Ref.: MG-VIV-0091
Call: 917 787 582

East Algarve – Selected Properties in Tavira and Olhão

Stunning villa in one of the Algarve's most sought after locations

Three en suite bedrooms, plus stunning master bedroom with sea views, private terrace, Jacuzzi, high tech shower. New kitchen dining room, lounge with panoramic views, massive lower ground floor with wine cellar, bar, kitchen and private terrace. Suitable for TV/Cinema room, billiards etc. The party and entertaining floor without equal anywhere. Three floors, all served by lift, complete wheelchair accessibility throughout. The property has under-floor heating and air conditioning, comprising 500 square metres of living space, very private landscaped gardens of half an acre, swimming pool, totally fenced with electric gates and impressive entry drive. Situated just outside Almancil, near to the golf courses of Vale do Lobo, Quinta do Lago and Vilamoura. ---------- € 975,000 Euros

For further details and an appointment to view Call Nevin 919 555 916

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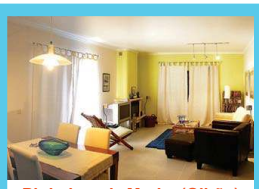
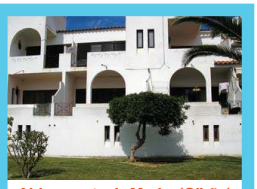
Caliços (Olhão)
Lovely 3 bedroom villa close to small golf hotel in the area of Moncarpacho. Nice adult garden w/round pool. Consists of an old farmhouse renovated & extended w/2 living rooms & 1 bedroom in the ground floor & 2 bedrooms in the 1st floor. The property is sold completely furnished including the garden tools.
Ref 1711 470.000

Fuseta (Olhão)
Townhouse in Fuseta built 1977 keeping the original style, only 5min walk to the beach. Composed by the ground floor with kitchen, living room and at the 1st floor with 2 bedrooms, office, WC and a roof terrace with an additional room.
Ref 1703 200.000

Santa Maria (Tavira)
New 2 bedroom apartment in the 1st floor situated in a residential & very calm Urbanization. Constituted by bedroom, suite, living room w/ balcony, half-equipped kitchen, hall w/ storeroom, bathroom & parking w/automatic gate & access to interior of building.
Ref 1700 126.000



Pinheiros de Marim (Olhão)
New house situated in a calm urbanization. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom.
Ref 1698 239.000



Aldeamento de Marim (Olhão)
Lovely ground floor 1 bedroom apartment in nice urbanisation close to lagoons & islands of nature park "Ria Formosa". Communal pool area w/ bar, tennis court & gardens. Kitchen, living room, bathroom & balcony, partially furnished. Garage & storeroom in basement. Good rental investment.
Ref 1664 85.000

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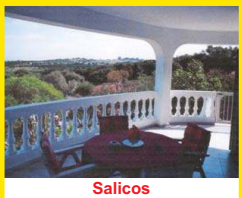
Quinta dos Salicos
Outstanding villa of 240m2 set on a plot of 2823m2. 3 bedrooms, 3 bathrooms, lounge, dining room, equipped kitchen. Sat-Tv, swimming pool, storage room, established mature garden, central heating, 3km from beach and centre of Carvoeiro.
Ref. V-316 Price: € 695,000

Pestana Golf & Resort
Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished.
Ref. V-327 Price: € 299,000

Sesmarias
Large 5 bedroom villa, good location with sea view. 2 bathrooms + 1 shower, spacious kitchen, lounge / dining room with fireplace. Garage and storage room. Very private swiming pool area with generous sundeck, fully fenced and partly furnished.
Ref. V-348 Price: € 695,000

Carvoeiro central
Top floor apartment close to Carvoeiro beach w/ large communal swimming pool, elevator, ample parking, 2 bedrooms w/ wardrobes, lounge/dining area w/ wood burner fully equipped kitchen, modern bathroom, large roof terrace w/ seaview. Very good investment!
Ref. A-235 Price: € 175,000



Salicos
Spacious 3 bedroom villa. Excellent location w/ view of Monchi-que mountains. On a cul-de-sac, close to Marinha beach, on 3000 sqm plot. Open space kitchen, lounge, dining room w/wood burner, large terraces, easy to maintain garden, space for swimming pool.
Ref. V-349 Price: € 495,000

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Rua do Brasil,
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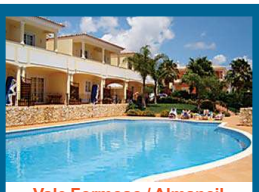
Vilamoura
3 Bedroom townhouse with private swimming pool, garden and roof terrace located on "Rua do Brasil" with easy access to the old village, marina and beach.
Price: **€ 340,000 / £ 234,000**



Vale Formoso / Almancil
Luxury 2 Bedroom "Fully Furnished" townhouse on small condominium of only 12 villas within 5 mins drive of Quinta do Lago & Vale do Lobo beaches & golf courses. This house is also within walking distance of the Michelin star 'Henrique Leis' and renowned 'A Quinta' restaurant.
Great Value & Opportunity
Price: **€ 360,000 / £ 248,000**

Vilamoura
New 2/3 Bedroom townhouses with electric shutters, modern fully fitted kitchen, electric radiator heating, pre-installed for air-con, central vacuum system and large garage suitable for 3rd bedroom or games room.
Price: **€ 395,000 / £ 272,000**

Vilamoura
3 Bedroom / 2 Bathroom "Fully Furnished" single story villa with private swimming pool located in a quiet area with easy access to the marina and beach via the road train that stops nearby.
Price: **€395,000 / £272,000**

Vilamoura
Beautiful 3 bedroom / 2 bathroom detached villa with magnificent golf views. The villa has private swimming pool in landscaped gardens and situated in a peaceful location within walking distance of the "Old Village" and its amenities.
Price: **€595,000 / £410,000**

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Quinta da Fonte do Penedo

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(Serious buyers only)

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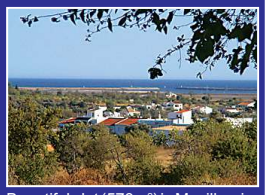

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What does your home say about you?

Your home style says everything about your personality. TV presenter and interiors specialist Hannah Sandling helps identify different types of homemaker - find out what your rooms reveal about you.

There are tell-tale clues in Hannah Sandling's house that point to the fact the glamorous TV presenter is in love. For a start, the former fan of bright colour, and funky feminine style has embraced a more male-friendly colour scheme of muted browns and creams, and banished her trademark frilly cushion from her tiny Chelsea cottage.

Hannah, 31, who's been living with 26-year-old property developer, Oliver Felstead since January, beams as she says: "Your home is so revealing of your personality and your mood, and when your life changes your house changes with you.

"Because I'm madly in love with a guy I want to spend the rest of my life with there's much more of boy's element in this place now because it's become 'our' home. Your circumstances and times in your life affect your taste and influence how you decorate your home so much."

Hannah, recent co-presenter with Nick Knowles of wedding programme The Big Day on BBC One, has been busy proving that by putting the nation's homes under the microscope, with the help of DIY homestore, B&Q.

She's discovered although we may assume we have our own unique home taste in fact generally we fall into four interior 'tribes' or groups each with a distinct style.

Young and funky - you're probably a Funshiner who loves colour and following home trends. If you're more settled and eco-aware - you're an Edenist, but those with a grand home in typical English style, can consider themselves a show-off Nouveau Tweedie.

Those aspirational divas, who lavishly create homes inspired by the pages of the glossy interior magazines are Deco-istas.

Hannah says: "It is fascinating to find our rooms reveal so much about us, and what stage we are in life.

"Some of us may stick with one style while others may embrace all of them over the years - depending on our income.

"I was definitely a Funshiner when I was in my twenties and looking back my rooms were almost blindingly colourful, but now I'm settled I'm turning into an Edenist. My home's become softer in style, and as I'm more aware of the environment I'm much keener on using natural, eco friendly materials."

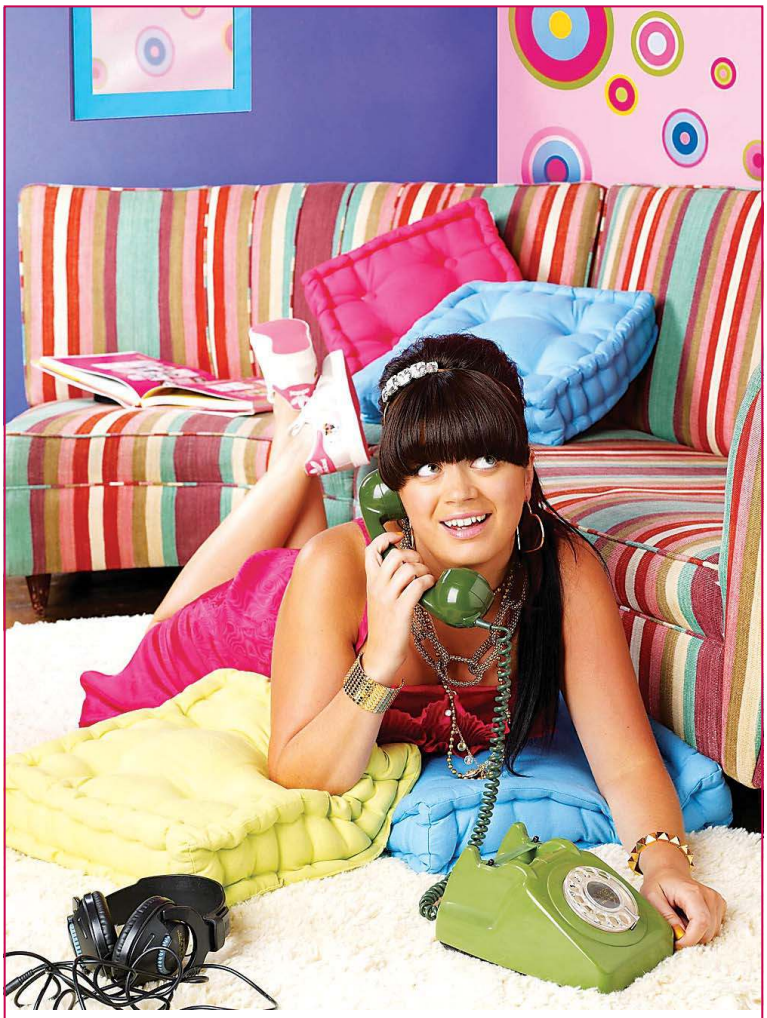
Some of us may stick with one style while others may embrace all of them over the years - depending on our income. (PHOTO: Press Association)

Most of us, according to the research which marks the launch of B&Q's latest homeware, regard having a beautiful home as the ultimate status symbol, more important than a good wage, a sports car or holidays abroad.

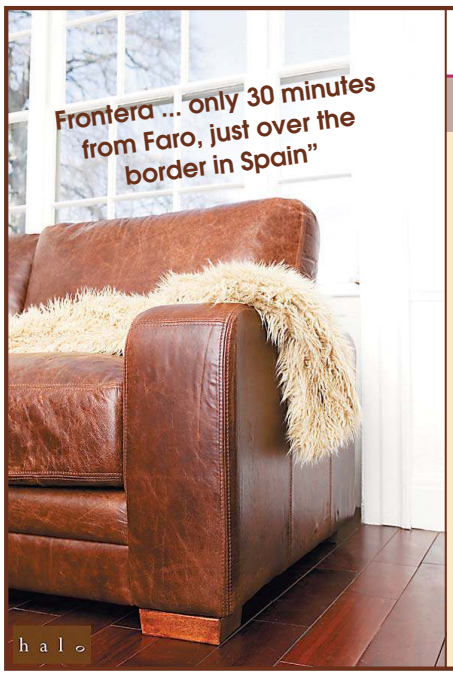
Hannah says: "I think our homes say so much about us and we probably enjoy spending more time in them as we entertain more at home."

"Oliver and I love nothing more than working on the house, doing DIY together. Our friends tease us we're like Bob the Builder and his mate! It's cosy nights in putting up shelves these days rather than going out clubbing for us."

Gabrielle Fagan



Funshiners are career-driven, independent twenty-something's who love being creative in the home, and spend around £500 (€723) a year on their rooms. Hannah says: "Their style's totally individual, even daring at times, and they love witty, original touches. They're always making small changes - inspired cheap, impulse buys - so that their home never looks out-of-date. (PHOTO: Press Association)



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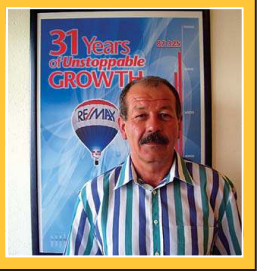

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Choosing a sculpture for your garden

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First, take account of your setting. If you have a contemporary garden you can create ornamental focal points just by using scrap metals and some metal pint, while in older cottage gardens or traditional country plots, relics with an historical feel can fit in perfectly.

You wouldn't want to place a rustic 17th century shepherdess in a city garden, and probably wouldn't opt for dazzling metallic painted ornaments in a traditional country garden.

Whatever the size of your space, don't overdo it with too many sculptures. They can become overbearing and diminish the importance of the plants rather than enhance them.

It's much better to limit yourself to one well-placed statue which has some relevance.

The size of the ornament you choose needs to be in proportion to the area of garden in which it is to be placed and the planting around it. That doesn't necessarily mean that in a small garden you have to have a small sculpture, but you do need to have the space to be able to stand back and admire it from a distance.

Often people go for statues or other ornamental features which are too small. They see it in a garden centre or other outlet with no planting around it and it seems much bigger than when it is placed in a garden.

The type of material used for your sculpture is all-important if it is to fit tastefully into your garden. It should fit in with existing hard landscaping materials such as the brick of the house and your local stone.

Planting around the ornament is all-important to enhance it as a focal point. A dark, sombre sculpture, for instance, will need a brighter background to set it off, such as an acid-green evergreen or even red.

Shorter statues, which are less than a metre high, can look good when low growing plants are placed around them such as wispy ornamental grasses.

Don't be influenced by the price of a statue because not even the most expensive piece will look right if it is placed in an unsuitable setting.

Some ornaments, such as birdbaths, sundials and urns, can be lost through poor positioning. If you put a sundial in the middle of your lawn, for instance, it will have to be a pretty big one to make any sort of impact against the swathe of green around it. If you place a birdbath on your patio, the beauty of the piece may be lost because it will seem hard without planting to soften it.

www.ahsdirect.co.uk

Taller sculptures can be set against a background of shrubs or trees only if they are given enough space to shine, and as long as the plants provide a contrast rather than a camouflage.

A background of evergreens can soften the effect of statuary and tie the ornament in to the rest of the garden. If you prefer wooden sculptures, place them in an area where there are trees, blending surrounding plants with man-made structures.

If you can't decide on a statue or other piece, choose an architectural plant which makes a fine stand-alone sculpture on its own, such as an evergreen conifer trimmed into an interesting shape.

Hannah Stephenson

Of course you can gain inspiration from open gardens and displays, but you don't have to own a Henry Moore to install art into your garden.

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From field to fork

Sweetcorn

If you are growing sweetcorn for the first time and wonder when the cobs will be ready for harvesting, look at the tassels on the ends. Once they turn brown you should peel back the husk to check the corn. It will be pale yellow when ready to be picked and a milky liquid will appear when a kernel is pricked.

It doesn't keep well, so only pick the cobs you are going to eat that day. Good varieties include Lark, which has large cobs and bright yellow kernels, and Swift, which matures early and grows well in cooler regions.

Sweetcorn should be grown in a sheltered, sunny site, in well-drained soil. It needs a warm season for fruit to do well, so if you live in a cold area sow the seed indoors and plant out when all danger of frost has gone. Pollination is most successful when the plants are grown in blocks, with each plant spaced 35-45cm apart.

Top tips

Improve sweetcorn success

1. When planting, arrange plants in a block instead of rows, to help improve the rate of pollination for this wind-pollinated crop.
2. If you want to grow more than one variety of sweetcorn, pick 'tendersweet' types such as 'Lark', which don't need to be isolated from other varieties.
3. Harvest the cobs as soon as the golden tassels are starting to turn brown. If you leave them too long, the kernels will become tougher.

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Funshiner, Edenist, Nouveau Tweedy or Deco-ista

Find out which home tribe you belong to and what your rooms reveal about you, with the help of TV presenter and interiors specialist Hannah Sandling.

Funshiners:

Funshiners are career-driven, independent twenty-something's who love being creative in the home, and spend around £500 (€723) a year on their rooms.

Hannah says: "Their style's totally individual, even daring at times, and they love witty, original touches. They're always making small changes - inspired cheap, impulse buys - so that their home never looks out-of-date.

"As dedicated followers of fashion they've already decorated using this season's hottest shades - plums and purples - or are using purple accessories to echo the trend."

A limited budget coupled with their concern for the environment means Funshiners usually shop in markets and at auctions for second-hand bargains, which they artistically transform with clever make-overs.

Edenists:

Edenists are usually in their thirties and care so much about the planet they only furnish with carefully chosen eco-friendly homeware and are ultra-conscientious recyclers. They can spend up to £2,000 (€2,893) a year on their home, but if it comes to a choice would rather splash out on a holiday.

Hannah says: "They enjoy the simple pleasures in life such as walking, cooking a hearty meal, and spending time with the family.

"They love being close to nature and their relaxed style is inspired by the countryside. They use muted creams, browns and earth tones and if there's any colour it's only a few soft accent colours like duck-egg blue and green."

Rooms are furnished simply and practically in natural materials like wood, stone and leather, and decorated with natural touches such as plants, wicker baskets, and collections of driftwood, pebbles and shells.

The Nouveau Tweedy

Nouveau Tweedies are successful, high achievers - normally aged late 30-40s - who furnish their period homes in a traditional English style, but give it a sophisticated modern twist.

They spend at least £2,000 (€2,893) making sure their rooms impress and their retail therapy is spending on treats for the home rather than themselves.

Hannah says: "They don't follow fashion as they're confident of their own taste - a style inspired by the elegance of the past - but they do see their home as enhancing their prestige.

"They'll save for special investment pieces, either old or new, and display them cleverly for maximum impact and drama.

They'll bring alive that traditional room with a well-chosen contemporary design classic, perhaps a chrome and leather Eames chair."

Lavish, textured fabrics and a rich colour scheme of gold, tarnished silver, purples and classic shades like Racing Green characterise their comfortable, sensual sanctuaries.

The Deco-Ista

Deco-istas are design devotees who pore over the glossy interior magazines for inspiration.

They spend the most out of all the tribes and love their homes so much they'll splurge thousands on creating the 'wow' factor in their rooms rather than taking holidays.

Hannah says: "These types ooze urban sophistication and are always looking for ways to conjure chic, sleek simplicity in their homes.

"Their style is timeless - 'less is more' is their mantra - and they have a grand, show-home to die for with visually stunning rooms that are perfect in every detail."

Style rules over comfort here. A neutral colour scheme with punchy hints of colour such as orange or red gives drama to light, airy spaces that are a perfect backdrop for modern chrome and mirrored furniture and dramatic artworks.

Gabrielle Fagan

If you're more settled and eco-aware - you're an Edenist. (PHOTO: Press Association)

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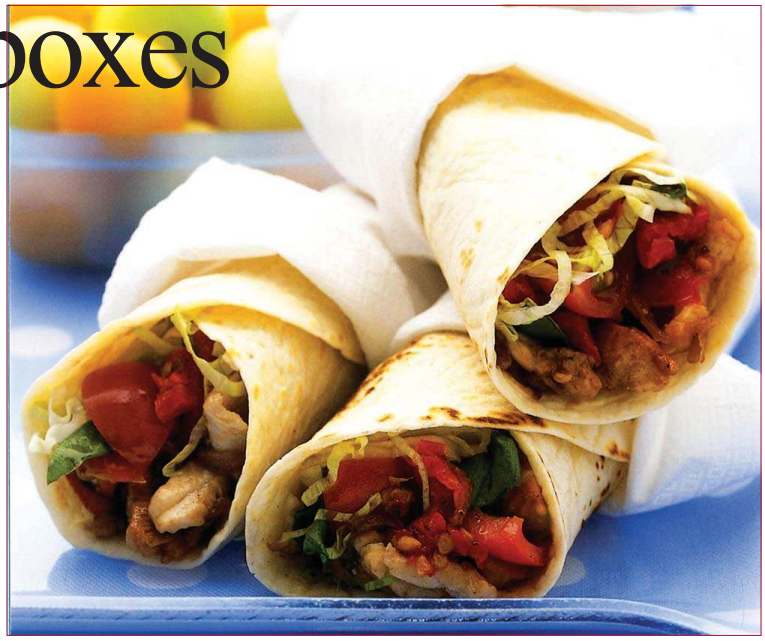
A lesson in lunchboxes



Starting school's a big step so make sure their lunchtime grub isn't just filling, but deliciously cheering, because let's face it there's nothing wrong with lunchboxes - it's the children that are the problem.

Your lovingly created efforts may all too often be returned nibbled, soggy and sticky in the box at the end of the day, leaving you with the sinking feeling that Miss or Master Fussy's missed out on a vital energy and nutrition boost.

In the UK Sun Valley recently sponsored National Lunchbox Week.The health snack food manufacturer spokesman, Jonathan Barr, says: "More than four billion lunchboxes were eaten last year - more than half of all schoolchildren rely on them - and our aim is to help parents with advice and ideas so they can move away from fried and fatty snacks." It's online advice site (www.nationallunchboxweek.co.uk) has plenty of lunchbox menus and tips to help you.

Other experts like Fiona Mcdonald Joyce recognise all too well that packing an A-star lunchbox is a challenge.

Fiona's inspiring ideas are in the book, Smart Food For Smart Kids, that she has co-written with nutritionist Patrick Holford.

Her own little sister, Olivia, used to hide her sandwiches in her PE bag until they were discovered at the end of a term, and she says with feeling: "Lunchboxes are tricky to get right.

"Make them too obviously healthy and your child will turn their nose up at them. But pander too much to their tastes and your child will yo-yo between hyperactivity and lethargy on a blood-sugar rollercoaster ride."

Instead, she advises using nutritious wholemeal bread, pitta bread or rye bread for sandwiches and opting for healthy fillings such as smoked salmon, cream cheese and cucumber, or egg mayonnaise with cress, alfalfa sprouts or cucumber slices, and another alternative - a protein packed chicken salad.

Another children's food specialist, Annabel Karmel, points out: "When your child brings their lunch to school, he or she carries a little piece of home with him. It's a challenge to come up with something new to entice them to eat healthy food and bring a smile to their faces after a long morning at school."

Her book, Lunchboxes, bursts with recipe ideas, but she says it's not just about getting the food right: "Simple touches can make all the differences, like cutting sandwiches into shapes using cookie cutters or threading fruit onto a straw to make fresh fruit skewers."

Try making Annabel's Tortilla Roll-Ups and your child's lunchbox could be the envy of the class. *Gabrielle Fagan*

Tortilla Roll-ups

Ingredients (Makes two)

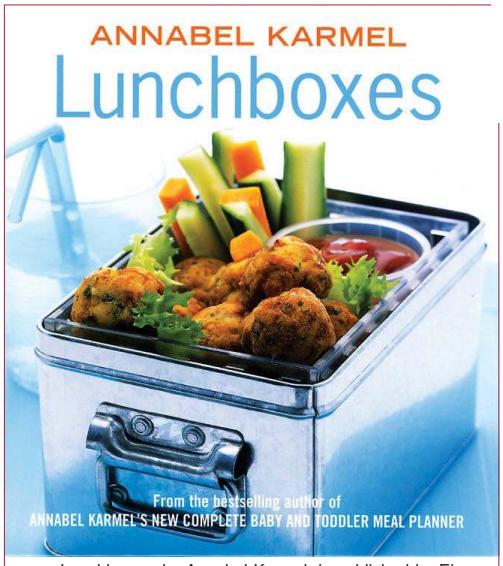
1/2tbsp olive oil
1 chicken breast, cut into strips
40g red onion, thinly sliced
1 small clove garlic, crushed
1tsp balsamic vinegar
Pinch oregano
Salt and freshly ground black pepper
6 small cherry tomatoes, cut into quarters
4 sunblush tomatoes, chopped
3 basil leaves, torn into pieces
A drizzle of olive oil
Freshly ground black pepper
2 large flour tortillas
Mayonnaise
A little shredded iceberg lettuce

To prepare:

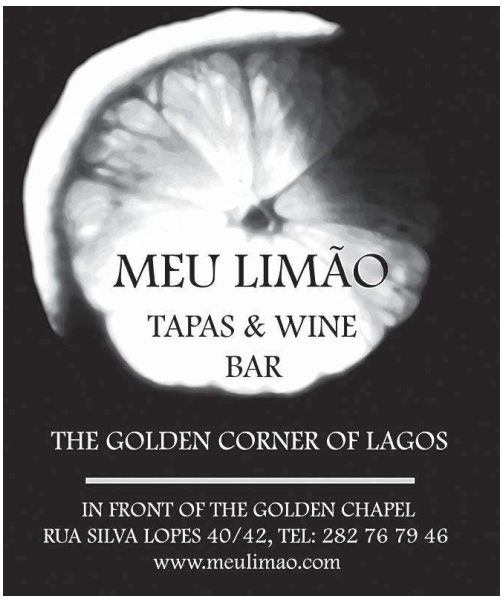
Heat the oil in a small frying pan and saute the chicken, red onion and garlic for about three minutes. Add the balsamic vinegar, oregano and season to taste.

Meanwhile mix together the cherry tomatoes, sunblush tomatoes and basil, drizzle over the olive oil and add a pinch of black pepper.

Spread the tortillas with a little mayonnaise. Divide the chicken and tomato mixture between the two tortillas and top with some shredded lettuce. Roll up the tortillas and wrap tightly in cling film.



Lunchboxes, by Annabel Karmel, is published by Ebury Press, priced £6.99/€10.12.



Restaurant guide

ALMANCIL

Bistro des Z'Artes
International Menu
Open: 12.00- 15.00 & from 7pm.
Closed Mondays
Rua Calvario, 69, Almancil
Tel: 289 395 114 / 967 785 601

Shanghai Restaurant
Delicious dishes from Shanghai, China
Open: Daily 12.00-15.30 & 18.00-23.30
Rua do Comèrcio, 94 R/c, Almancil
Tel: 289 397 642

Don Toro Angus Steakhouse
Steaks, gourmet burgers, fish grills & vegetarian
Open: Daily 18.00-23.00
Sitio das Escanxinas 504A, Almancil
Tel: 289 355 005

ALVOR

Faja Lobi
International & Suriname Cusine
Open: Daily 11:00 - 23:00
Urb. da Dourada, Lote 1, Alvor
Tel : 282 414 133 / 918 838 484

LAGOA/SILVES

Mister Grilo
National, International & Vegetarian dishes
Open: 17.00 - midnight
Rua António Joaquim Cabrita, Nº7, Porches, Lagoa
Tel: 282 381 176 / 918 365 426

O Cantinho dos Italianos
Pasta dishes
Open: 12:00 - 15:00 and 18:00 - 23:00
Largo 25 de Abril, Nº 1, Pêra
Tel: 914 844 269

LAGOS/LUZ

Duna Beach
Open: 9am with finger food & snacks
Lunch: 12pm - 5pm
Dinner : 8pm - 11 pm
Bar: untill 5am
Meia Praia Beach, Lagos
Tel: 282 762 091

Don Toro Angus Steakhouse
Steaks, gourmet burgers, fish grills & vegetarian
Open: Daily 12.00-15.00 & 18.00-23.00
Rua Lançarote de Freitas, 12, Lagos. (Opposite the Cultural Centre)
Tel: 282 767 234

A Taberna
Á la carte menu with daily specialities
Open: 10:00 - 23.00
Quinta da Encosta Velha, next to Budens off the EN125
Tel: 282 690 505

A Florestal Restaurante
Cosmopolitan menu
Open:Tues-Sat. 12.00-2.30pm & 7.00-10.00pm
Sun. Special Brunch 12-3pm
Barão de S. João, Nr. Luz
Tel: 282 687 204

Dolce Vita
Pizzeria and International Menu
Open: 12.00 - 15.00 & 18.00 - 22.30
Rua Soeiro da Costa & Rua Lançarote de Freitas, Lagos
Tel: 282 768 466

O Beiral
International & Vegetarian menu - Italian specialities
Open: Tue - Sun 11.00 - 15.00 & 18.00 - 24.00
Closed: Mondays
Rua Dr.Guerreiro Tello, Barão de São João
Tel: 282 688 004 / 912 299 672

Maharaja Tandoori
Authentic Indian Food
Open: Daily 12.00 -14.30 & 18.00-23.00
Rua Afonso D'Almeida, Nº27, Lagos
Tel: 282 768 083/960 453 376

Meu Limão Tapas & Wine Bar
Portuguese & International Tapas + full menu
Open: Daily 10.00 - 2.00am
Rua Silva Lopes, 40/42 (In front of the Golden Chapel), Lagos.
Tel: 282 767 946

No Patio
International Restaurant
Open: Tues-Sat. from 18.30
Sunday from 13.00
Rua Lançarote de Freitas, 46, Lagos
Tel: 282 763 777

Blue Wave
Beach bar
Open: 10:00 - 23.00
Cabanas Velhas between Burgau and Boca do Rio
Tel: 282 697 834

GALÉ

Karahi Indian Restaurant
Indian Specialities - Tandoori , Karahi & Balti
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Vale Rabelho, Galé, Nr. Albufeira
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Algarve Cuisine
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Restaurante O Monte
International Cuisine
Open: Tues-Sun from 7pm and for Sunday Lunch
Cabanas de Tavira
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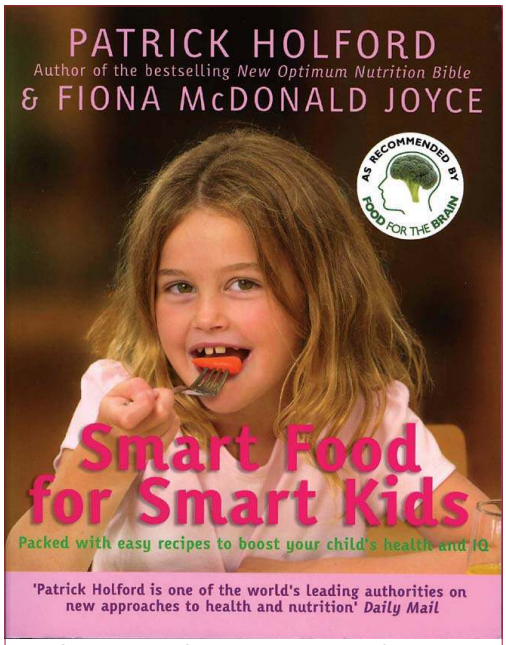
LUNCHBOX TIPS

To banish packed-lunch boredom and boost health, based on advice from the Food Standards Agency ...:

:: Reduce the use of butter and margarine and replace with low fat mayonnaise and reduced fat spread.
:: Try to include salad in sandwiches and include different toppings such as chicken, tuna, asparagus.
:: A banana sandwich on wholemeal bread is a good option for a younger child, or a tuna and sweetcorn sandwich on a wholemeal roll with lettuce for a secondary school child.
:: Rice is a good base for salad, you can mix it with fruit, nuts, beans and vegetables.
:: Vegetables like carrot, cucumber and pepper sticks make a great snack with a tasty dip.
:: Try dried fruit and nut mixes.



Smart Food For Smart Kids, by Patrick Holford and Fiona McDonald Joyce, is published by Piatkus Books, priced £12.99/€19.00. (All photos: Press Association)

Winter warmth for the elderly

Getting your knitting needles out and knitting a woolly hat for an Innocent smoothie drink could help keep an elderly person warm this winter.

The pure fruit drinks company have again joined forces with Sainsbury's and Age Concern in the UK aiming to get 400,000 hats for smoothie bottles that will be sold in Sainsbury stores from November 7-21.

For each bottle sold, Innocent and Sainsbury's will each give 25p to Age Concern, hoping to raise £200,000. (Last year they raised £115,000.)

Knitting instructions and patterns are available from www.innocentdrinks.co.uk, and hats can be posted to Big Knit Charlotte, Fruit Towers, 1 The Goldhawk Estate, Brackenbury Road, London W6 0BA, U.K.

www.the-news.net

The **Blue Wave Beach Bar** can be found at Cabanas Velhas Beach (between Burgau and Boca do Rio). Serving tasty sandwiches, various salads, fresh fish, house specialities, fish cataplana, chicken piri-piri and more! Combine your visit to the beach with a leisurely lunch and refreshing drink.

Mister Grilo Restaurant is a tricky place to find in Porches, but well worth the discovery. Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint -washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

Faja Lobi is in fact an indigenous flower of Suriname and the words mean fiery passion, which is how chef Farida approaches her love of cooking, using receipes learnt from her mother and grandmother. Recently opened in Alvor and believed to be the first and only such restaurant in the Algarve dishes are largely influenced by Indonesian cusine, though Farida and her husband Peter are happy to make dishes as spicy or mild as clients wish. There are smoking and non-smokingrooms, plus a 'happy hour' between 5pm and 7pm with Dutch and Suriname snacks. See their ad. below for some main course suggestions. Reservations are advised.

O Meu Limão Tapas & Wine Bar is located just in front of the Golden Chapel in a quiet, tree-lined, pedestrian square in Lagos. Your host José welcomes you to his eatery, offering a good breakfast menu as well as tapas and fullsize dishes. Food is served all day from 9.30am to 2am. The Portuguese and international dishes are all freshly prepared by the Portuguese chef, who has world wide experience, all are reasonably priced. Vegetarians have not been forgotten and they have an excellent wine list. Situated in an ancient building, it has a light and airy Mediterranean ambience, which is enhanced by the blue and white tiles. You can choose to eat inside or outside and just relax and watch the world go by.

Have a four course meal for only €12.50 pp
(excluding drink)

Faja Lobi
International and Surinam Restaurant

Some of our Surinam Main course suggestions:

Roti with chicken curry
Nan bread stuffed with yellow lentils, chicken curry, curried egg, Surinam french beans (kouseband) and curried potatoes

Nasi Goreng with satay chicken
Fried rice with soya sauce, chicken satay with peanutbutter sauce

Tournedos with pepper sauce
Fillet of beef grilled with pepper sauce, vegetables, baked potatoes and salad

Gamba Tempura
Fried Shrimps in tempura flour with fresh spinach salad with oriental dressing.

Reservation is recommended
Non-Smoking Room
HAPPY HOUR from 17.00-19.00 with Dutch and Surinam Snacks

Open every day from 11.00 - 23.00,
Urb. da Dourada, Lote 1,
8500-053 Alvor
E-mail: fajalobi@sapo.pt
Tel / Fax: 282 414 133
Mob: 918 838 484

Lagos Penina
Quinta Nova
Alvor
Camping
Faja Lobi
International and Surinam Restaurante

A Taberna
RESTAURANTE & BAR
Located at Parque da Floresta's new golf village, Quinta da Encosta Velha, next to Budens off the EN125

Á la carte menu with daily specials. Portuguese tapas and snacks during the day. Banquets and parties catered for.
Open 10h00-23h00 (lunch from midday)
For reservations and enquiries please call 282 690 505
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This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.
We can hardly wait to hear from you!
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"His passion for food is as obvious as his culinary creativity and genius" - *Portugal News*
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Try our tasty sandwiches, various salads, fresh fish, house specialities, fish cataplana, chicken piri-piri and more!
Open from 10h00-23h00 (lunch from Midday)
For reservations and enquiries please call 282 697834
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Dietary Intolerance

What is a dietary intolerance? It is an adverse reaction to one or more ingredient in the diet, and it can be the underlying cause to ill health in our pets.

The chief causes of a reaction are protein (e.g. beef, milk) or carbohydrate (e.g. wheat, lactose) sources, although it can be anything including chemical additives such as food colourings and preservatives which could cause a reaction.

Tracking down the problem can be difficult as food labelling legislation allows vague descriptions on pet foods like "meat and meat derivatives" instead of stating the exact ingredients. SO in a lot of cases it is not clear what you are feeding your pets, Adverse reactions to food can be divided into those which act through the immune system (allergy) and those which do not (intolerance). Although the mechanisms of the two are different, the symptoms are indistinguishable.

Signs of intolerance (symptoms) vary widely and are not well understood or documented. Reactions can range from delayed and minor to severe and sudden. They can range from unpleasant body odours, wind, discomfort, skin rashes, loose motions and hyperactivity, to severe reactions like anaphylactic shock.

In dogs dietary intolerance most commonly affects the skin or digestive system causing disease/disorders related to these organs. This might be eczema, itchy skin, dermatitis, otitis (ear inflammation), vomiting, diarrhoea, colitis, gastroenteritis, pancreatitis, hepatitis, abdominal discomfort etc. If left unchecked dietary intolerance may be the underlying cause of degenerative diseases such as heart or kidney failure and cancer.

If you suspect a problem you can get a simple allergy test carried out which will give a result of one or several possible causes, which you can then avoid in your pet's diet.

A reliable way of diagnosis is by eliminating one food at a time from your pet's diet – more complicated if your pet is on a food which does not list specific diets. The easiest diet to monitor is a home cooked one, but this is not convenient then there are numerous foods available which have a minimum number of listed ingredients.

A food which is low fat, low protein and easily digestible may be more suitable for long-term use. The flavour of the food variety can be changed, this is usually controlled by the protein element of the food. So your pet may be intolerant to chicken but be ok with the lamb variety It is a case of trial and error and if the symptoms are not severe and you know what they are then you can react as soon as you notice them. If symptoms improve when the suspect food is eliminated then it can be presumed that a dietary intolerance was responsible. Confirmation would require the re-introduction of the suspect food to see if the symptoms recur but, of course most pet-owners will be understandably reluctant to take that step.

Disorders of the digestive system which are due to dietary intolerance often disappear within a few days of eliminating the food which is responsible but most disorders will take 3-4 weeks to respond to removal of the offending food.

Most cases of dietary intolerance (those where the immune system is not involved) are dose-sensitive. This means that the amount of food can determine whether or not signs of intolerance will disappear. This is why it is important that whatever food is given, it should be fed sparingly.

One of my dogs was intolerant to gluten and it was difficult to find a food that did not contain the cereals. His intolerance made him itch constantly, and even giving him one biscuit or him stealing the ducks bread could bring on a reaction! But it was controllable with a specific food – including me baking him special biscuits. But controlling it that way was better that controlling the itching with steroids. Better to fight the cause than to treat the resulting problem.

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Anal Glands

On either side of the anus is a gland, these are called the anal glands. A foul-smelling matter which is expelled at urination and/or defaecation - and which acts as a territory marker – is collected in these glands. A secondary function of these glands is to act as the body's dustbins in that they are a means of collecting and discharging waste matter from the system.

A lot of dogs have problems with the anal glands - they cause discomfort which causes the dog to rub its rear-end on the ground or floor ("tobogganing or scooting").

The problem can be managed by manually emptying the contents of the glands which usually has to be done by a veterinary surgeon. Sometimes these glands may even develop an abscess which may burst discharging blood and pus. The German Shepherd breed can be prone to develop a condition called anal furunculosis, this is a chronic inflammation and infection of the glands and surrounding area.

Some veterinary surgeons recommend the removal of troublesome anal glands, but removing the anal glands surgically but this is like removing the body's dustbin.

Problems with the anal glands are usually blamed on lack of roughage (fibre) in the diet but in fact the problem tends to be seen most in dogs fed on indigestible foods which produce bulky faeces anyway.

In fact, if the anal glands fill up and cause trouble it is possibly due to low-quality diets which create an excess of waste matter in the system. It is also possible that anal gland disorder can be due to dietary intolerance.

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Missing / Desaparecida 09/10/2007- Lagoa

Small Maltese/Yorkshire mix spayed bitch, has microchip
Fur is black with grey streaks
She has fringe over eyes, which are brown/black and she has a short tail.
Has missing Jew claw from back leg.
Very Friendly.
Pequena cadela de raça mista (maltese/yorkshire), tem microchip, esterilizada. Tem pêlo preto com madeixas cinzas
Tem franja a tapar os olhos, que são castanhas/pretas e tem cauda curta.
Falta-lhe uma pesunha na pata de trás
É Muito Amigável.
Please contact us, **we miss her very much** /
Por favor contacte-nos, **sentimos muita a falta dela**:
918721688 / 282352649 / 914122898

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Neutering Campaign a Success once again!

I would like to say thank you to everyone who helped during the neutering campaign, in Lagos, last week. You know who you are and how much effort you all put in to it. It was a great success once again and 57 males and 101 females were neutered making a final total of 158 cats and breaking our previous record.

This could not have been achieved without the support everyone gave and I thank you all for everything. Hopefully, this might mean there are fewer kittens born this spring, needing homes. Please sterilise your animal and help to put an end to unwanted litters.

Michele, Lagos

Zé, Stefi and Zara

www.hopefundportugal.com
Happyhounds@mail.telepac.pt

Purr!...

We're Billy and Willy, beautiful and sweet white orphans. Born on 9th July to a litter of 9, we were the only ones to be rescued from being thrown by a bad man against a concrete wall. We have played and slept together since, and suffer from separation anxiety whenever we are apart. Is there any angel out there who might want to adopt the two of us ? We now live in a small flat, deprived of good care and overcrowded with our kind. Please meow us at (351) 262 824 022 or bombaycat@sapo.pt

North

PORTO

Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

Until 28 October

Exhibition by François Dufrêne at Museu de Serralves • François Dufrêne (1930-1982) is one of the most prominent artists of the French postwar scene. This exhibition, for the 1st time presented outside France, is a retrospective of his work (a mixture of large posters, sound and film) • Serralves Museum • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • serralves@serralves.pt • www.serralves.pt

13 October

Closing of the Series of Concerts 'New Musics' by 'Tuxedomoon on the return of Clubbing' • 23h30 • €20 • Theatre 2 • Casa da Música • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com

GUIMARÃES

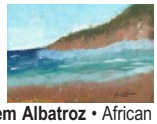
Every Friday

Coffee & Jazz Concerst • Centro Cultural Vila Flor • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

Centre

CASCAIS

16-29 October



Painting Exhibition by Merle Cynthia Strachan at Estalagem Albatroz • African Caribbean & Portuguese oil and Acrylic paintings • Situated on Rua Fernandes Tomás, nº 1, the Estalagem Villa Albatroz was originally owned by the Dukes of Palmela, officially recognised as a building of architectural and historic-cultural interest • Open from 10h00 to 20h00 • 214647430

ESTORIL

Until 31 October

Show 'Four: Espírito Dos Elementos' at Salão Preto e Prata of Casino Estoril • Info.estoril@estoril-sol.com 214667700 • 214825400

Until 5 November

Painting, drawing & sculpture exhibition 'Poética das Formas' by Albino Moura • Art Gallery of Casino Estoril • Info.estoril@estoril-sol.com 214667700 • 214825400

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LISBOA

16-31 October

Mikhail Stepanov performs a new exercise - the 'Robot Aerial Straps' at the Arena Lounge of Casino Lisboa • Free entrance • For legal reasons, access to Casino Lisboa is reserved for visitors above 18 years old • Casino Lisboa on Alameda dos Oceanos, Lote 1.03.01, Park of Nations • Tel: 218929000 • info.casinolisboa@estoril-sol.com • www.casinolisboa.pt

20 October

Piano Solo Concert by Chick Corea • 21h00 • Main Auditorium of Belém Cultural Centre • Tickets from €15 to €50 • Praça do Império • Tel: 213612400 • www.ccb.pt

Until 21 October

Shakespear's Play Hamlet produced by João Mota • With Portuguese acclaimed actor Diogo Infante • Teatro Municipal Maria Matos on Av. Frei Miguel Contreiras, 52 • Wed-Sat: 21h30 / Sun: 17h00 • Price: €15 (On Thu €7.5) • Tel. 218 438 800 / Box Office. 218 438 806/9 • Fax. 218 470 972 email: teatromariamatos@egeac.pt

Daily

Oceanário of Lisbon • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanariums • The Oceanário de Lisboa is situated in the Park of Nations • Open from 10h00 to 18h00 • 218917002/06

SINTRA

Daily

Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

Daily

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alguei-rão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150

South

ALBUFEIRA

Daily

Municipal Archaelological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 1030 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt

ALMANCIL

28 October

6th Annual Health Run at Ria Formosa Bridge, Quinta do Lago • Meeting at Ria Formosa Bridge Car Park in Quinta do Lago • Start: 10h30 • A fun 5 or 10km run or walk for all the family to raise funds for the underprivileged children of the Algarve • Entry: Adults: €12 / Children until 16 years old: €5 / 2 adults plus children: €25 • includes a free T-shirt • Contacts: Wanda Crawford - 919617995 / Jackie Quirk - 963494788

ARMAÇÃO DE PERA

Monthly

Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first ***Thursday*** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

FARO

23 October

Contemporary Theatre-Dance 'Insula / A Ilha' • In the scope of Commemorations on the 10th Anniversary of the Romania Consulate in Algarve, the show has the sponsorship of the Embassy of Romania in Portugal and of the Romanian Cultural Institute • Produced by Florin Vidamski and choreographed by Fatma Mohamed • Teatro das Figuras at 21h30 • Info: 289888100

Walks - Every Friday - East Algarve Walks. Info: 913595868 moonlighserwices@yahoo.co.uk

SANTANA DA SERRA

Daily

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • ww.equiserra.com

SÃO B. MESSINES

Tue, Wed, Sat

"Desperate Horsewives!" social horseriding & lunch for mums and golf widows Tuesday am. • **Pony Club** Sat am & Weds pm • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children´s pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

Daily

Museu Arqueológico (Archaeologic Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

Daily

Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

www.the-news.net

13th October at 21h30 at Auditório Municipal in Lagoa - GALA - "AMORES DE AMÁLIA" • The Auditorium is situated on Urb. Lagoa Sol •

Tel: 282 380 452 • www.cm-lagoa.pt

... only one suitcase in Berlin

... is the title of one of the songs that Gisela Reuter and Lutz Kettnaker will be performing at the Museu do Trajo on Saturday 13 October at 8 pm. Their programme is based on the glamourous club society of Berlin in the 1920´s and 1930´s.

Information / Tickets: admin@amigos-museu-sbras.org Tels: 966 329 073 / lua azul 289 845 452 / museum 289 840 100 www.amigos-museu-sbras.org

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WALKS

Let's Walk from Querença

This moderate three hour circular walk takes you down the Algibre and Mercês river valleys and through the tiny hamlets close to Querença. Terrain: surfaced road, good tracks and paths. Footwear: trainers or comfortable outdoor shoes but if there has been heavy rain there might be a fair amount of mud. Equipment: a bottle of water, snack, a walking stick might be useful and a sense of humour. No need to book please just come along but please be aware we do leave on time.

10.30am start – meet outside the church in the village of Querença, which is 10km north of Loulé. If coming from the A22 head for the centre of Loulé and look for the signs for the 'Palácio Judicia' which is off the main avenida. Once you have passed this on your right you come to a roundabout and you will see the signs for Querença.

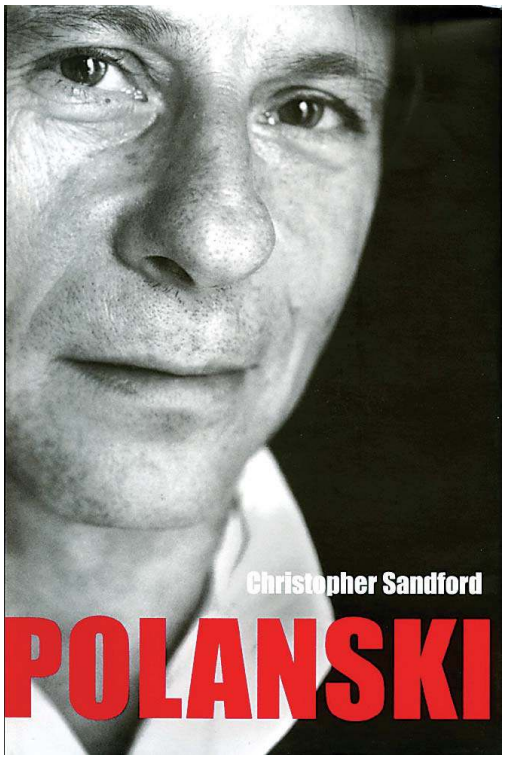
Wednesday October 17th. Cost €5 per person. Walk leader: Silvia Smeman - 289 478 845 or 963 737 170.

Let's Walk in the Forest of Serra de Cão

A new two hour circular walk that takes you through woodland on to the Serra de Cão for wonderful views in all directions. Fairly easy, there is a gentle climb to start with and then it is all downhill! Terrain: good track, sometimes a bit stony and surfaced roads. Equipment: a bottle of water and a sense of humour. 10.30am start - meet outside the church of Barão S João. From the A22 head westwards until it ends and at the roundabout take the first exit to Bensafrim. Drive through the village and just after leaving there is a road to the right signed for Lagos Zoo. Follow this for 5km and it will bring you to the village, as you approach there is a parking area to the left behind the church.

Saturday October 20th & Monday October 22nd. Cost €5 per person. No need to book please just come along (all our walks include a donation to charity). Walk leader: Julie Statham - 282 697 298 or 965 753 033 and Peter Lammin - 934 992 908.

BOOK REVIEW



Polanski

Christopher Sandford, published in hardback by Century.

The life story of maverick film director Roman Polanski is as bizarre as an over-the-top Hollywood movie in which the central character does not always appear in a favourable light.

Yet, whatever may be thought about Polanski's past errors, sexual excesses, and generally impossible behaviour, one has to admire this talented man for having defiantly survived blows that would have destroyed a lesser mortal. Born in Paris in 1933 to Polish parents, who were lapsed Jews, Polanski as a child had to endure the horrors of Nazi-occupied Poland, to which the family had returned before the outbreak of the Second World War.

His mother died in Auschwitz and his father survived incarceration in the Mauthausen concentration camp.

This gripping biography presents a vivid portrait of Polanski and describes the development of his film-making career in Poland, Paris, Hollywood and London, where in the late 1960s he was very much part of the Swinging London scene.

His 1968 film Rosemary's Baby, about a woman who gets impregnated by the devil, was a huge hit and brought him overnight fame and wealth, but an appalling tragedy followed.

A year later, while he was away, his beautiful and pregnant young wife, the actress Sharon Tate, and a group of friends, were butchered to death in the Polanski's Hollywood home by members of the drug-crazed hippie "family" of Charles Manson. Eight years later, Polanski was in deep trouble. In court in Los Angeles, he pleaded guilty to "unlawful sexual intercourse" with a 13-year-old girl. While on nominal bail, and before he could be sentenced, he fled from America to a sympathetic France, which has always refused to allow his extradition.

He settled in Paris, where he still lives, and in 1993 married actress, Emmanuelle Seigner, 33 years his junior. They have a son and a daughter and Polanski, by all accounts, has been a devoted father and has mellowed considerably with age. Although his films have often been critical rather than commercial successes, he struck gold with The Pianist, which in 2004 earned him his only Oscar.

Anthony Looch

MEETINGS

Democrats Abroad to meet in Cascais

There will be a meeting of US Democrats Abroad in Portugal to discuss strategies to defeat Republicans in 2008 starting at 11.30am followed by a 'pot-luck' at 12.30pm on Saturday 3rd November 2007 in the meeting room of Edificio Neptuno where Co-Chair Milchen Vasconcelos lives. His full address is: Milchen Vasconcelos, Co-Chair; Edificio Neptuno; Bloco B-4-B, Rua da Torre. It is located off the Guia circle and next to the TelePiza, Torre area of Cascais. Please contact Milchen for directions and let her know what you are bringing. Each Person should bring a main dish, salad or dessert. Milchen will provide drinks. All are welcome.

Call 214 820 353 or e-mail milchenD19@aol.com for information.

WRVS - Social Tea

The next WRVS Social Tea will be on Tuesday October 16th at 3pm at Quinta da Fonte (British Retirement Home) in São Pedro do Estoril. Punctuality is appreciated.

Céu Carvalho will give a short talk on the benefits of Chi Kung, a Chinese practice of relaxation movements. She will then give a practical demonstration with the audience. If the weather is fine they will hold the event in the garden.

Afterwards, tea, sandwiches and cakes will be served inside. Members and non-members are most welcome.

Entrance is €1. Please phone 214 688 694 for more information.

1977

Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

We can hardly wait to hear from you!

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COMING SOON BOX OFFICE COMING SOON

LIVE CONCERTS

OCTOBER

Rão Kyao – October 19th at Lisbon Cultural Centre in Belém from 9pm. Tickets: €15

Clã – October 20th at Guarda Municipal Theatre. Further info TBA.

Mafalda Veiga & João Pedro Pais October 26th & 27th – Lisbon Coliseu from 10pm. Tickets: €17.5 - €40.

Comeback Kid, Devil in Me, All Against The World, These Hands Are Fists – October 28th at Seixal Ginásio Club de Corrois from 6pm. Tickets: €20 - €22.

Enrique Iglesias – October 28th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €23 - €50.

Patti Smith – October 28th at Lisbon Coliseu. Tickets: €25 - €30.

NOVEMBER

Interpol + Blonde Redhead – November 7th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

Da Weasel – November 10th at Lisbon Pavilhão Atlântico. Tickets: €15 - €25.

Editors – November 16th at Lisbon Pavilhão do Restelo from 9pm. Tickets: €30.

NOFX, The Loved Ones, Easyway, Humble – November 18th at Carcavelos Pavilhão Desportivo da Quinta dos Lombos from 6pm. Tickets: €25.

Marilyn Manson + Turbonegro – November 19th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €30.

Jorge Palma – November 20th at Lisbon Coliseu. Further info TBA.

DECEMBER

Xutos e Pontapés – December 8th at Lisbon bullring in Campo Pequenos from 11pm. Tickets: €5.

JANUARY

Strauss Orchestra Festival – January 4th, 5th at Lisbon Coliseu from 9.30pm. Tickets: €10 - €45.

FEBRUARY

Korn - February 27th from 8pm at Pavilhão Atlântico. Tickets: €25 - €35.

MARCH

The Cure - March 8th from 8pm at Pavilhão Atlântico. Tickets: €28 - €40.

LIVE SHOWS

OCTOBER

Argentinean Tango – Performances by quintet Tango Quattro accompanied by renowned dancers Juan Capriotti and Veronique Guide. October 20th from 9.30pm at Aula Magna in Lisbon. Tickets: €20 - €35.

The Great Beijing Acrobat Circus – Founded in October 1950, this acrobatic performance has traveled the world. October 26th – 27th at Lisbon Coliseu. October 31st – November 1st Oporto Coliseum. Tickets: €10 - €30.

NOVEMBER

Argentinean Tango – Performances by quintet Tango Quattro accompanied by renowned dancers Juan Capriotti and Veronique Guide. November 10th from 9.30pm at Teatro das Figuras in Faro. Tickets: €25.

Bugs Bunny on Ice – 'Around the World in 80 Minutes Show' is a show based on the bestseller by Jules Verne. See all of your favourite Looney Tunes characters such as Bugs, Daffy Duck, Tweety, Sylvester, Speedy Gonzales, Granny and the Tasmanian Devil on ice. November 1st – 11th at Lisbon's Campo Pequeno. Tickets: €15 - €40.

Barbie at the Symphony - This series of 6 CGI animated films features Barbie™ singing and dancing to some of the world's best loved musical scores, and includes ballet sequences choreographed by Peter Martins of the New York City Ballet. November 17th and 18th at Lisbon Coliseu dos Recreios from 11am to 3pm. Tickets: €20 - €35. November 25th at Oporto Coliseu in Oporto from 11am to 3pm. Tickets: €18 - €35.

Sleeping Beauty Ballet – This show has been described as representing a 'Ballet Symphony'. November 22nd – 24th at Lisbon Coliseu dos Recreios. November 27th Oporto Coliseu. Tickets: €12.50 - €37.50.

DECEMBER

Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am, 3.30pm and 7.30pm on December 8th. Minimum age of 3.

FEBRUARY 2008

Tap Dogs – Tap Dogs are currently taking the world by storm with their unprecedented tap show that combines the strength and power of male workmen with the precision and talent of tap dancing. February 12th until 17th at Lisbon Casino Ocean Auditorium in Lisbon. Tickets: €30 to €35.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

EXHIBITIONS

'Living Landscape' and Live Performances

Friends of the Museum in São Brás hosted another lively art exhibition in the latest of their series of themed art openings in the New Gallery of the Cultural Centre in the grounds of the Museu do Trajo Algarvio on Saturday 6 October. Over 100 people turned up to see works by Elisabeth Bardock, Anne Cumming, Mandy Gleaves, Margit Pflaum and Leena Rekola, and there was a rush to buy work by Taran Flaten who is exhibiting for the first time. Especially commissioned for this exhibition, the work that Taran presented consists of larger scale landscapes in her medium of metals fused into glass. In the tradition of the themed exhibitions, ´Aperitivo´, the Friends´ performance group, produced a programme of poems, songs and recitals on the theme of ´Living Landscape´. The highlights of the programme being Rob Schepmann´s world violin solo début; Taran´s poem (read in Norwegian) and "The Hawk", sung in Portuguese by Desidério Ó. More information about the artists and their work can be found on the Friends´website. The exhibition continues until 3 December. Opening hours: 10h-13h and 14- 17h weekdays and 14h-17h weekends and holidays. Information: admin@amigos-museu-sbras.org 966 329 073 www.amigos-museu-sbras.org

Graffitíssimo! - by H. Fejgl and A. Van Nooij

A truly grand and one-of-a-kind collection, 'Graffitíssimo', Adrian and Helena's newest collection of photos and photo-collages will be shown in Rio Maior (15 minutes from Óbidos) in its Municipal Museum / Casa da Cultura also known as Casa Senhorial D'El Rei D. Miguel. Helena and Adrian's 70 artworks will be shown in five rooms, each being individually dedicated to the themes of love, attitudes, graffiti's, music and feasting — a feast of colors not to be missed.

On display until October 31s The museum opens from Mor day to Friday from 9am 12.30pm and 2pm - 6pm and on Saturdays from 9.30am – 1pm. Entrance is free.

Always something new at Corte-Real Gallery

Corte-Real Gallery are proud to represent Stella Auchinleck, one of Scotland foremost young painters. "Sometimes I texture the surface which allows me the flexibility to layer and scrape away the paint creating different effects. I paint people and places that I have an emotional response to, such as family or landscapes that I have spent sometime in".

There is also handmade, hand-painted pottery in vivid blue, by Algarve potter Morte Fig. The Gallery is open Wednesday through Sunday from 10am – 5pm, just off the EN125 at Boliqueime. Call 912 737 762, 918 980 199 or visit www.corterealarte.com.

LIVE MUSIC

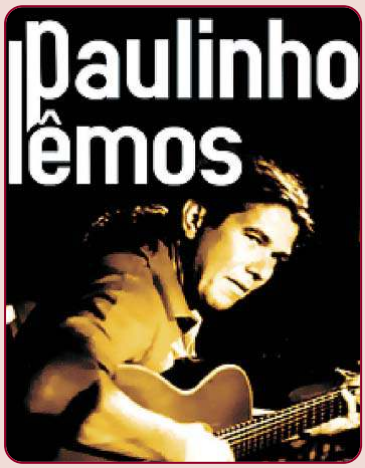
Jazz & Fado club

A new Jazz and Fado club has opened in Estoí offering a variety of quality live music on Fridays and Saturdays. This months offerings are: Friday October 12th – Lisbon trio comprasing of Enzo Dáversa on piano, Maximo Cavalli on contrabass and Matt Lester on sax-flute and clarinet featuring special guest Heike Brookmann on guitar.

Next week, Saturday, Oct 13th – Linda Leonardo dinner music evening. Reservations are necessary. Friday, Oct 19th - Raquel Peters, who won the prize in the Algarve as well in Lisbon for the best 2006 revelation.

Saturday, Oct 20th - Brazilian songwriter guitarist Paulinho Lemos.

Saturday, Oct 27th - Jazz singer from Holland Caroline Gerries.



Appetizers will be available and all event start at 9pm. For reservations for the Casa de Fado on Saturday, call 969 591 099.

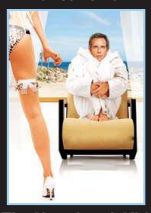
Opera evenings – Portimão

Portimão are holding variety of concerts from the repertoire of the great masters of universal music, performed and directed by the Orchestra of the Norte and the Ensemble Cant'arte. Soloists and performers of international artistic renown will be present, under the artistic direction of maestro José Ferreira Lobo.

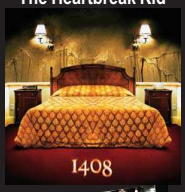
The programme is as follows:
16th – 'Opera Gala'
20th and 21st – Staged version 'La Traviata' by Verdi
23rd – Concert Version "Fidelio" by Beethoven
26th and 27th – Staged Version "Tosca" by Puccini

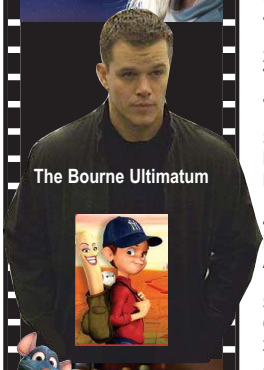
From 9.30pm at Portimão Municipal Arena. Tickets are priced at €15 for one night or €50 to see all four shows. For further information, call 282 418 547 / 967 716 023

Planet Terror



The Heartbreak Kid





The Bourne Ultimatum

Ratatouille

ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212
11 OCT-17 OCT

1
Planet Terror
Freddy Rodriguez, Rose McGowan
14.45-17.10-22.10 (00.35 Fri & Sat)
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
19.35 except Thu
2
Shark Bait
Animation PV
(10.15-12.10 Sat & Sun)
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
14.10
The Bourne Ultimatum
Matt Damon, Julia Stiles
16.35-21.45 (00.20 Fri & Sat)
3
Stardust
Charlie Cox, Peter O'Toole
(12.30 Sat & Sun) 15.20-18.10-21.00 (23.50 Fri & Sat)
4
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
14.05-16.40-19.15-21.50 (00.25 Fri & Sat)
5
Rush Hour 3
Jackie Chan, Chris Tucker
(12.40 Sat & Sun) 14.50-17.00-21.30 (19.20 except Tue) (23.20 Fri & Sat)
6
Julgamento
Alexandra Lencastre, Fernanda Serrano
13.40-16.10-18.40-21.10 (23.45 Fri & Sat)
7
Ratatouille
Animation PV
(11.30 Sat & Sun)
The Kingdom
Jamie Foxx, Jennifer Garner
14.00-16.30-19.05-21.40 (00.10 Fri & Sat)
8
Surf's Up
Animation PV
(11.15 Sat & Sun)
Becoming Jane
Anne Hathaway, James McAvoy
13.20-16.00-18.35-21.20
Superbad
Jonah Hill, Michael Cera
(00.00 Fri & Sat)
9
Ratatouille
Animation OV
(10.50 Sat & Sun)
Are We Done Yet?
Ice Cube, Nia Long
13.20-15.30-17.40-19.50
1408
John Cusack, Samuel L. Jackson
22.00 (00.30 Fri & Sat)

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
11 OCT-17 OCT

1
Rush Hour 3
Jackie Chan, Chris Tucker
14.30-16.50-19.20-22.00-00.20
2
The Kingdom
Jamie Foxx, Jennifer Garner
14.10-16.30-19.00-21.40-00.10
3
Planet Terror
Freddy Rodriguez, Rose McGowan
14.20-16.40-19.10-21.50-00.15
4
Ratatouille
Animation PV
13.40-16.00-18.30
Stardust
Charlie Cox, Peter O'Toole
21.10-23.45
5
The Bourne Ultimatum
Matt Damon, Julia Stiles
13.50-16.10-18.40-21.20-23.50
6
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
14.00-16.20-18.50-21.30-23.55

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
11 OCT-17 OCT

1
The Invisible
Justin Chatwin, Margarita Levieva
13.50-16.30-18.45-21.35-23.50
2
Rush Hour 3
Jackie Chan, Chris Tucker
13.40-16.50-19.10-21.40-00.00
3
Ratatouille
Animation PV
13.35-16.00
Are We Done Yet?
Ice Cube, Nia Long
18.35-21.00-23.30
4
1408
John Cusack, Samuel L. Jackson
14.00-16.40-19.00-21.50-00.20
5
Shark Bait
Animation PV
13.15-15.15-17.15-19.15
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
21.10-23.40
6
The Bourne Ultimatum
Matt Damon, Julia Stiles
13.20-16.20-18.55-21.25-23.55
7
The Kingdom
Jamie Foxx, Jennifer Garner
13.10-16.05-18.40-21.15-23.45
8
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
13.30-16.10-18.50-21.30-00.15
9
Stardust
Charlie Cox, Peter O'Toole
13.00-15.45-18.30-21.20-00.10

LUSOMUNDO VILAMOURA
TEL: 289 302 277
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
15.30-18.30-21.30

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
Julgamento
Alexandra Lencastre, Fernanda Serrano
Are We Done Yet?
Ice Cube, Nia Long
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Planet Terror
Freddy Rodriguez, Rose McGowan
Fados
Documentary
1408
John Cusack, Samuel L. Jackson
Stardust
Charlie Cox, Peter O'Toole
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Bourne Ultimatum
Matt Damon, Julia Stiles
Ratatouille
Animation PV
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Shark Bait
Animation PV
A Mighty Heart
Angelina Jolie, Dan Futterman
Peaceful Warrior
Scott Mechlowicz, Nick Nolte

OV = Original Version
PV = Portuguese Version

MILLENIUM ALVALÁXIA
TEL: 21 754 9000
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
Becoming Jane
Anne Hathaway, James McAvoy
The Invisible
Justin Chatwin, Margarita Levieva
Julgamento
Alexandra Lencastre, Fernanda Serrano
Planet Terror
Freddy Rodriguez, Rose McGowan
Are We Done Yet?
Ice Cube, Nia Long
Peaceful Warrior
Scott Mechlowicz, Nick Nolte
.45
Milla Jovovich, Stephen Dorff
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
1408
John Cusack, Samuel L. Jackson
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
The Lookout
Joseph Gordon-Levitt, Jeff Daniels
Ratatouille
Animation PV
Hairspray
John Travolta, Queen Latifah

LUSOMUNDO AMOREIRAS
TEL: 707 246362
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
Becoming Jane
Anne Hathaway, James McAvoy
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Fados
Documentary
The Bourne Ultimatum
Matt Damon, Julia Stiles

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Ratatouille
Animation PV
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles

LUSOMUNDO COLOMBO
TEL: 707 246362
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
Julgamento
Alexandra Lencastre, Fernanda Serrano
Planet Terror
Freddy Rodriguez, Rose McGowan
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Are We Done Yet?
Ice Cube, Nia Long
Shark Bait
Animation PV
Ratatouille
Animation PV
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Bourne Ultimatum
Matt Damon, Julia Stiles

LUSOMUNDO DOLCE VITA MIRAFLORES
TEL: 707 246362
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
Are We Done Yet?
Ice Cube, Nia Long
Stardust
Charlie Cox, Peter O'Toole
Ratatouille
Animation PV
The Bourne Ultimatum
Matt Damon, Julia Stiles
No Reservations
Catherine Zeta-Jones, Aaron Eckhart

UCI CINEMAS EL CORTE INGLÉS
TEL: 707 23 22 21
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Inner Life of Martin Frost
David Thewlis, Irène Jacob
Becoming Jane
Anne Hathaway, James McAvoy
The Kingdom
Jamie Foxx, Jennifer Garner
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Planet Terror
Freddy Rodriguez, Rose McGowan
Fados
Documentary
Ratatouille
Animation OV
Shark Bait
Animation PV
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
Fay Grim
Parker Rosey, Liam Aiken
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
1408
John Cusack, Samuel L. Jackson
A Mighty Heart
Angelina Jolie, Dan Futterman

UCI CINEMAS FREEPORT
TEL: 707 23 22 21
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Are We Done Yet?
Ice Cube, Nia Long
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
1408
John Cusack, Samuel L. Jackson
Stardust
Charlie Cox, Peter O'Toole
Ratatouille
Animation OV
Everyone's Hero
Animation
The Contract
John Cusack, Morgan Freeman

LUSOMUNDO FORUM MONTIJO
TEL: 707 246362
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Meet the Robinsons
Animation PV
Stardust
Charlie Cox, Peter O'Toole

LUSOMUNDO ODIVELAS PARQUE
TEL: 707 246362
11 OCT-17 OCT

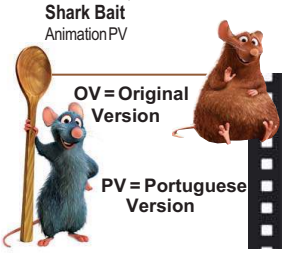
Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
Ratatouille
Animation PV

LUSOMUNDO OEIRAS PARQUE
TEL: 707 246362
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Shark Bait
Animation PV
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson

LUSOMUNDO VASCO DA GAMA
TEL: 707 246362
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
Becoming Jane
Anne Hathaway, James McAvoy
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Fados
Documentary
Stardust
Charlie Cox, Peter O'Toole
The Bourne Ultimatum
Matt Damon, Julia Stiles
1408
John Cusack, Samuel L. Jackson
Shark Bait
Animation PV



Chris Tucker returns to the big screen after a six-year absence as he reunites with the all-star team of co-star Jackie Chan and director Brett Ratner (*Rush Hour*, *Rush Hour 2*, *X-Men: The Last Stand*, *Hannibal*) to deliver the third instalment of the blockbuster *Rush Hour* franchise.

Arriving in theatres on October 11, 2007, *Rush Hour 3* sees the beloved action comedy duo of Tucker and Chan reprising their roles as LAPD Detective James Carter and Chinese Chief Inspector Lee respectively. This time around, the two must travel to Paris, France to battle a wing of the Chinese organized crime family, the Triads.

THE KINGDOM

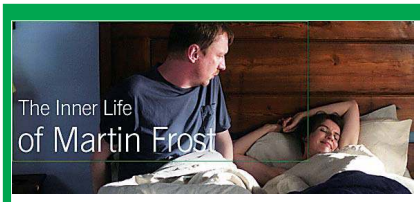
Academy Award winner Jamie Foxx leads an all-star ensemble in a timely thriller that tracks a powder-keg criminal investigation shared by two cultures chasing a deadly enemy ready to strike again in *The Kingdom*.

When a terrorist bomb detonates inside a Western housing compound in Riyadh, Saudi Arabia, an international incident is ignited. While diplomats slowly debate equations of territorialism, FBI Special Agent Ronald Fleury (Foxx) quickly assembles an elite team (Oscar winner Chris Cooper and Golden Globe winners Jennifer Garner and Jason Bateman) and negotiates a secret five-day trip into Saudi Arabia to locate the madman behind the bombing.

Upon landing in the desert kingdom, however, Fleury and his team discover Saudi authorities suspicious and unwelcoming of American interlopers into what they consider a local matter. Hamstrung by protocol, and with the clock ticking on their five days, the FBI agents find their expertise worthless without the trust of their Saudi counterparts, who want to locate the terrorist in their homeland on their own terms.

Fleury's crew finds a like-minded partner in Saudi Police Captain Al-Ghazi (Ashraf Barhoum), who helps them navigate royal politics and unlock the secrets of the crime scene and the workings of an extremist cell bent on further destruction. With these unlikely allies sharing a propulsive commitment to crack the case, the team is led to the killer's front door in a blistering do-or-die confrontation. Now in a fight for their own lives, strangers united by one mission won't stop until justice is found in *The Kingdom*.

Becoming Jane is based on an incident in the life of the beloved writer Jane Austen, and follows the real-life romance that inspired her classic novels. Like many of her heroines, Jane (Anne Hathaway, *The Devil Wears Prada*) is bright, strong-willed, and unwilling to marry merely for money, even though her family is struggling financially. Though many of her friends wish her to pair up with the nephew of a rich woman (Maggie Smith), Jane wants something more. When she meets the Irish rogue Tom Lefroy (James McAvoy, *The Last King of Scotland*), she initially can't stand him, but their romance blooms, serving as the inspiration for *Pride and Prejudice*.



After working for three years on a novel, writer Martin Frost (David Thewlis) borrows the empty country house of his friends for a long-needed rest. No sooner does he arrive, however, than an idea for a new story inspires him to get back to work. When he wakes the following morning, eager to begin his new tale, Martin is shocked to find a strange young woman (Irène Jacob) sleeping next to him in bed, the attractive, effervescent Claire. Presumably the niece of his hosts, Claire wittily overcomes Martin's initial resistance to her, and the two of them agree to share the country house, while promising to respect each other's space. Soon their attraction for each other takes over and they begin to fall in love; but is Claire really the person she claims to be?

As Martin nears the finish of his story, Claire falls deathly ill. Does this mysterious muse have an existence independent from Martin's story? Can the imaginary cross over into the real world, and, if so, what are the consequences? These weighty questions are handled with a light touch, peppered with wordplay, puns, and pratfalls. Just when the story seems to verge on tragedy, it takes an unpredictable turn into comedy, ignited by a hilarious performance from Michael Imperioli (*The Sopranos*) as an obnoxious plumber-cum-writer whose lack of talent threatens his own muse (Sophie Auster).

The Inner Life of Martin Frost is a philosophical mystery that asks us to question the manner in which we define reality and the way we choose to see the world around us. Like much of director Paul Auster's work (*The New York Trilogy*, *The Brooklyn Follies*, *The Music of Chance*), this witty and haunting parable tells a wonderful story and also functions as a testament to the pleasures of storytelling.

THE INVISIBLE

From the producers of *The Sixth Sense* and the co-writer of *Batman Begins* comes *The Invisible*, a chilling supernatural thriller about a teenager who finds himself trapped between two worlds, invisible to the living and all too close to the dead. A high school senior with a bright future, Nick Powell (Justin Chatwin) is suddenly attacked on a dark night, his shattered body left for dead. Now, caught in a haunting limbo where he can observe the world of the living but they can't see him, his only chance at a future is to figure out the mystery of what happened to him and why before time runs out. But how do you solve a murder when the victim is you?

As Nick attempts to uncover the ominous truth behind his ghostly condition, the trail leads from his mother (Academy Award winner Marcia Gay Harden) to his best friend (Chris Marquette) to a shady criminal (Alex O'Laughlin) to the tough, troubled girl (Margarita Levieva) who Nick comes to realize may hold the key to his awakening from the unexplainable.

CELEB NEWS

Actor **Christian Bale** was terrified about working with **Russell Crowe** on new movie *3:10 To Yuma* because of his hellraising reputation. Bale met the Australian Oscar winner for the first time on the set of the western and was surprised to find Crowe was a "pleasure" to work with. The Welsh actor says, "We'd never met before and whenever people asked me what I was doing next and I said I was going to be working with Russell, they looked at me and said 'You're going to be in for a rough ride with him.' (But) it was truly a pleasure". ««»» Canadian actress **Lois Maxwell** has died. She was 80. The Golden Globe-winning star, famed for her role as Miss Moneypenny in the *James Bond* movies, died at the Fremantle Hospital in Western Australia, September 29th. Maxwell starred alongside Sir **Sean Connery** in Bond's first *Dr. No*, in 1962. She played the role until 1985, when she appeared in *A View To A Kill* with Sir **Roger Moore**. She last appeared on the big screen in the 2001 thriller *The Fourth Angel* alongside **Forest Whitaker** and **Jeremy Irons**. ««»» **David** and **Victoria Beckham** have topped a quirky new U.S. magazine poll to find the *Most Overrated People, Places and Things*. *Radar* magazine has named the famous couple at the top of its new over-hyped list, ahead of cupcakes, Botox and **Brad Pitt**. Writer Michael Musto calls soccer star David "overpaid" and his wife "a pointless collection of body parts". Also on Radar's Overrated 100: blogging, sex with virgins, cocaine, **Keira Knightley**, pilates, **Ronald Reagan**, **Jake Gyllenhaal** and hit TV show *Grey's Anatomy*. ««»» **Halle Berry**'s first child will be born out of wedlock, the actress has no plans to wed boyfriend Gabriel Aubry. The *Perfect Stranger* actress has sworn off marriage after two divorces, and becoming a mother hasn't changed her mind. She says, "What Gabriel and I have decided is that we will just redefine marriage for ourselves." ««»» *Hairspray* star **Brittany Snow** has stunned fans by revealing she once lived on pineapple and weighed a skeletal 85 pounds (38.5 kilograms). The 21-year-old actress admits she hasn't always been a bubbly, healthy blonde. She tells MTVu.com, "When I was about 15 my lowest weight was 85 pounds... My hair was falling out but I was more scared that 85 pounds wasn't good enough." Snow knew it was time to get help when she had to start mutilating herself to stop the hunger pains: "My rock bottom came when I started cutting a lot." The actress checked into rehab at 19, as her career was taking off in U.S. TV drama *American Dreams*. ««»» Actress Dame **Helen Mirren** has launched a scathing attack on the fashion industry's size zero craze, putting the blame for the "horrifically thin" models on female fashion editors. The Academy Award winner, 62, had first hand experience of size discrimination when she took her niece, an aspiring model, to several booking agencies - only to be told she was overweight. And Mirren insists it is all down to senior fashion writers and editors. She says, "I blame my own sex vehemently on this. It is women who run the magazine and women who editorialize and women who make the decisions. I think it is completely iniquitous to have incredibly skinny girls on the runway. A lot of the girls are horrifically thin and of course they have a problem. Mostly, the fashion industry chooses to turn a blind eye". ««»» Actress-turned-filmmaker **Sarah Polley** emerged the big winner at the 2008 Directors Guild Of Canada Awards, her movie *Away From Her* took home three honours, including Best Director. The movie was also named Best Picture, while Polley's husband **David Wharnsby** won the award for Best Picture Editing. Elsewhere, Best Television Movie Or Miniseries went to *Dragon Boys*, while the prize for Best Television Drama was awarded to *Slings And Arrows*. ««»»

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
11 OCT-17 OCT

No Reservations
Catherine Zeta-Jones, [illegible] Eckhart
The Bourne Ultimatum
Matt Damon, Julia Stiles
A Mighty Heart
Angelina Jolie, Dan Futterman
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Fay Grim
Parker Rosey, Liam Aiken
Peaceful Warrior
Scott Mechlowicz, Nick Nolte
Shark Bait
Animation PV
Hairspray
John Travolta, Queen Latifah
Are We Done Yet?
Ice Cube, Nia Long
Ratatouille
Animation OV & PV
The Contract
John Cusack, Morgan Freeman
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
Planet Terror
Freddy Rodriguez, Rose McGowan
Julgamento
Alexandra Lencastre, Fernanda Serrano
Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
Superbad
Jonah Hill, Michael Cera
2 Days in Paris
Julie Delpy, Adam Goldberg
Next
Nicolas Cage, Julianne Moore
The Heartbreak Kid
Ben Stiller, Michelle Monaghan

LUSOMUNDO DOLCE VITA COIMBRA
TEL: 707 246362
11 OCT-17 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Stardust
Charlie Cox, Peter O'Toole
A Mighty Heart
Angelina Jolie, Dan Futterman
The Kingdom
Jamie Foxx, Jennifer Garner
Planet Terror
Freddy Rodriguez, Rose McGowan
Ratatouille
Animation PV
Goya's Ghosts
Natalie Portman, Javier Bardem
Shark Bait
Animation PV
.45
Milla Jovovich, Stephen Dorff
Superbad
Jonah Hill, Michael Cera
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
The Invisible
Justin Chatwin, Margarita Levieva

LUSOMUNDO DOLCE VITA DOURO
TEL: 707 246362
11 OCT-17 OCT

The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles
The Invisible
Justin Chatwin, Margarita Levieva
Ratatouille
Animation PV
1408
John Cusack, Samuel L. Jackson
Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
Stardust
Charlie Cox, Peter O'Toole
A Mighty Heart
Angelina Jolie, Dan Futterman

LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
11 OCT-17 OCT

Rush Hour 3
Jackie Chan, Chris Tucker
The Invisible
Justin Chatwin, Margarita Levieva
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Bourne Ultimatum
Matt Damon, Julia Stiles
The Kingdom
Jamie Foxx, Jennifer Garner
Julgamento
Alexandra Lencastre, Fernanda Serrano
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson

LUSOMUNDO FERRARA PLAZA
TEL: 707 246362
11 OCT-17 OCT

Superbad
Jonah Hill, Michael Cera
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Ratatouille
Animation PV
Stardust
Charlie Cox, Peter O'Toole
Rush Hour 3
Jackie Chan, Chris Tucker

LUSOMUNDO FORUM AVEIRO
TEL: 707 246362
11 OCT-17 OCT

Stardust
Charlie Cox, Peter O'Toole
The Inner Life of Martin Frost
David Thewlis, Irène Jacob
Shark Bait
Animation PV
Death at a Funeral
Matthew MacFadyen, Keeley Hawes
Julgamento
Alexandra Lencastre, Fernanda Serrano
Fados
Documentary
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Kingdom
Jamie Foxx, Jennifer Garner

LUSOMUNDO FORUM COIMBRA
TEL: 707 246362
11 OCT-17 OCT

Fados
Documentary
Ratatouille
Animation PV
Are We Done Yet?
Ice Cube, Nia Long
Julgamento
Alexandra Lencastre, Fernanda Serrano
Meet the Robinsons
Animation
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
The Bourne Ultimatum
Matt Damon, Julia Stiles
Rush Hour 3
Jackie Chan, Chris Tucker

LUSOMUNDO FORUM VISEU
TEL: 707 246362
11 OCT-17 OCT

Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
The Kingdom
Jamie Foxx, Jennifer Garner
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles
Shark Bait
Animation OV & PV
The Invisible
Justin Chatwin, Margarita Levieva
Rush Hour 3
Jackie Chan, Chris Tucker

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Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson
Shark Bait
Animation OV & PV
Are We Done Yet?
Ice Cube, Nia Long

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Superbad
Jonah Hill, Michael Cera
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Are We Done Yet?
Ice Cube, Nia Long
The Bourne Ultimatum
Matt Damon, Julia Stiles
Ratatouille
Animation PV
Stardust
Charlie Cox, Peter O'Toole
Rush Hour 3
Jackie Chan, Chris Tucker
Planet Terror
Freddy Rodriguez, Rose McGowan

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Fados
Documentary
The Invisible
Justin Chatwin, Margarita Levieva
Rush Hour 3
Jackie Chan, Chris Tucker
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Kingdom
Jamie Foxx, Jennifer Garner
Ratatouille
Animation PV
Are We Done Yet?
Ice Cube, Nia Long
Shark Bait
Animation PV
Julgamento
Alexandra Lencastre, Fernanda Serrano
The Bourne Ultimatum
Matt Damon, Julia Stiles
Stardust
Charlie Cox, Peter O'Toole

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Are We Done Yet?
Ice Cube, Nia Long
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Planet Terror
Freddy Rodriguez, Rose McGowan
1408
John Cusack, Samuel L. Jackson
Rush Hour 3
Jackie Chan, Chris Tucker
The Invisible
Justin Chatwin, Margarita Levieva
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Bourne Ultimatum
Matt Damon, Julia Stiles

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The Heartbreak Kid
Ben Stiller, Michelle Monaghan
The Kingdom
Jamie Foxx, Jennifer Garner
Rush Hour 3
Jackie Chan, Chris Tucker
Ratatouille
Animation PV
The Bourne Ultimatum
Matt Damon, Julia Stiles
Stardust
Charlie Cox, Peter O'Toole
1408
John Cusack, Samuel L. Jackson

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Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Are We Done Yet?
Ice Cube, Nia Long
1408
John Cusack, Samuel L. Jackson
The Bourne Ultimatum
Matt Damon, Julia Stiles
No Reservations
Catherine Zeta-Jones, Aaron Eckhart
Shark Bait
Animation PV
Stardust
Charlie Cox, Peter O'Toole
Ratatouille
Animation PV

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Rush Hour 3
Jackie Chan, Chris Tucker
The Kingdom
Jamie Foxx, Jennifer Garner
The Invisible
Justin Chatwin, Margarita Levieva
Julgamento
Alexandra Lencastre, Fernanda Serrano
Are We Done Yet?
Ice Cube, Nia Long
The Heartbreak Kid
Ben Stiller, Michelle Monaghan
Fados
Documentary
A Mighty Heart
Angelina Jolie, Dan Futterman
1408
John Cusack, Samuel L. Jackson
The Bourne Ultimatum
Matt Damon, Julia Stiles
Stardust
Charlie Cox, Peter O'Toole
I Now Pronounce You Chuck and Larry
Adam Sandler, Kevin James
Shark Bait
Animation PV
Ratatouille
Animation PV

OV = Original Version
PV = Portuguese Version

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Rachel's Favourite Food for Living. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Golf: World Match Play. Today's semi-finals at Wentworth. Coverage continues on BBC2. (T) 2.30 Match of the Day Live. England v Estonia (Kick-off 3.00pm). (T)

5.15 BBC News; Regional News; Weather. (T)
5.35 A Question of Sport. With super middleweight champion boxer Joe Calzaghe, heptathlete Kelly Sotherton, golfer Ian Poulter and former West Indies cricketer Courtney Walsh. (T)
6.15 Strictly Come Dancing. The celebrity women face the public vote performing either the quickstep or the rumba, while the men entertain the audience with a group number. The result can be seen tomorrow. (T)
7.30 Robin Hood. Having discovered the truth about the Sheriff's impending operation Shah Mat, Robin launches a raid on Nottingham Castle's new strong room. However, he underestimates the medieval fortification and has to rethink his strategy - resolving to track down its designers, who have unfortunately been mutilated, by order of the Sheriff, to prevent them leaking the secrets of their creation. Drama, starring Jonas Armstrong. (T)
8.15 The National Lottery: In It to Win It. Dale Winton hosts the quiz show in which five contestants answer questions to scoop a big prize - but one wrong response could lose them their share of the loot. Pop singer Duncan James presents the all-important Lotto, Dream Number and Thunderball draws. (T)
9.05 Casualty. Harry introduces a policy aimed at reducing the number of patients who unnecessarily visit the ED, but Abs and Tess have their doubts. A woman is raped by an unbooked minicab driver who later crashes while his victim is still a passenger after a collision with a drunk lorry driver. It transpires the intoxicated man is Ruth's abusive father and Nadia realises she has something in common with her. Gaynor Faye, Marshall Lancaster and James Quinn guest star. (T)
9.55 BBC News; Weather; (T) National Lottery Update.
10.15 FILM: Con Air (1997). Parolee Nicolas Cage tries to thwart America's deadliest criminals, who have hijacked his flight home. High-octane thriller, with John Malkovich, John Cusack and Steve Buscemi. (T)
12.00 Friday Night with Jonathan Ross; (R) (T) Weatherview. 1.05 BBC News 24. (T) 5.45 MotoGP. The Australian Grand Prix. (T)

Pick of the Day

The Culture Show (BBC2, 7.10pm)
If you had to pick someone to present a show all about the latest cultural events across the country, who would you go for? That's a tricky question to answer, but few people would have been likely to choose Lauren Laverne. The former member of Kenickie may appear a little light and fluffy on the surface, but she certainly knows her stuff. Okay, so she sometimes makes irritating jokes when she should be concentrating on matters more serious, but she knows her onions and has proved to be a likeable host for BBC Two's flagship arts series. Now Lauren is back for a new, 22-part run - even though it feels as if she's only been away for two minutes. It's hard to believe the rest of the editions will live up to the promise of this first one. It features Neil Young, a singer-songwriter who continues to win over new fans. The veteran has a forthcoming album, Chrome Dreams II, to discuss, and also finds the time to look back at the changes his career has undergone since he first burst onto the music scene back in the 1960s. Quentin Tarantino is also on hand, giving tips to aspiring movie-makers on creating the perfect soundtrack. Plus, the Young Knives perform their latest single, Terra Firma.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Emu. (T) 9.55 Supernormal. (T) 10.10 Tricky TV. 10.40 Skyland. (T) 11.10 The Amazing Adrenalini Brothers. (R) (T) 11.20 Planet Sketch. 11.25 ITV News and Weather. (T) 11.35 London Today; Weather. (T) 11.40 Saturday Cooks! (T) 1.10 FILM: Richie Rich (1994). Comedy, starring Macaulay Culkin. (T) 3.00 FILM: Junior (1994). Comedy, starring Arnold Schwarzenegger. (T) 4.55 London Today; Weather. (T)

5.10 ITV News and Weather. (T)
5.25 The Best of You've Been Framed: Kids Special. Harry Hill raids the show's archives to narrate a compilation of clips featuring youngsters, including the barmiest babies, craziest kids and most terrible teenagers featured. (R) (T)
6.25 Ant & Dec's Saturday Night Takeaway. With Adele Silva, Anneka Rice and Sinitta. Last in series. (T)
7.45 Live Rugby World Cup 2007. England v France (Kick-off 8.00pm). Coverage of the first semi-final at the Stade de France in Paris, a repeat of the last-four clash four years ago. (T)
10.00 Parkinson. The veteran broadcaster continues his final series of the chat show, joined by boxer Ricky Hatton, who talks about his upcoming welterweight championship fight with Floyd Mayweather in Las Vegas. Singer-songwriter Paul Anka discusses his new album of cover versions and film director Michael Winner promotes his new book, Fat Pig Diet. (T)
11.00 ITV News and Weather; Weather. (T)
11.15 TV's Naughtiest Blunders. Neil Morrissey presents a selection of racy out-takes from the Bad Girls cast, comedians Adrian Edmondson and Rik Mayall, singer Rod Stewart and Hollywood star George Clooney. (R) (T)
12.00 Make Your Play; (T) ITV News Headlines. 4.10 Antiques Auction. (R) (T) 4.30 Antiques Auction. (R) (T) 5.00 ITV Nightscreen.

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BBC2

6.00 CBeebies: Teletubbies. (R) (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 Dennis the Menace. (R) (T) 7.50 Watch My Chops. (R) (T) 8.00 Hider in the House. (R) (T) 9.00 TMi; (T) Diddy Dick & Dom. (R) (T) 10.30 Stupid. (R) (T) 10.55 The Story of Tracy Beaker. (R) (T) 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 The Sky at Night. (R) (T) 12.20 Coast. (R) (T) 12.30 Film 2007 with Jonathan Ross. (R) (T) 1.00 Racing from Ascot and Chepstow. This afternoon's races at the two feature meetings. (T) 2.30 Golf: World Match Play. Further live coverage of today's semi-finals at Wentworth. (T) 6.00 What the Papers Say. (T) 6.10 Michael Palin's New Europe. (R) (T) 7.10 The Culture Show. New series. Singer-songwriter Neil Young and Quentin Tarantino guest. (T) 8.00 Porridge. The inmates face a day of hard labour digging drains on a lonely stretch of moorland - but attempt to turn the situation to their advantage. (R) (T) 8.30 FILM: A Beautiful Mind (2001). Compelling Oscar-winning biopic of mathematician John Nash, whose brilliance was compromised by paranoid delusions and schizophrenia. Russell Crowe stars. (T) 10.40 Have I Got a Bit More News for You. (T) 11.20 The Tudors. Henry and the court sign a treaty with France. (R) (T) 12.15 Snooker: The Grand Prix. (T) 1.05 The Culture Show. (R) 1.55 Snooker Extra. (T) 3.05 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: One Tree Hill. (T) 9.50 T4: Friends. (R) (T) 10.20 T4: Stardust: T4 Movie Special. (T) 10.55 T4: MobileAct Unsigned. (R) (T) 11.55 T4: Transmission. (R) (T) 12.25 T4: 4Music Presents - Stereophonics. (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from York, Ascot and Bangor-on-Dee. Including the 3.45 York Sprint Trophy (H'cap) (6f). (T) 4.00 Location, Location, Location. (R) (T) 4.30 FILM: The Way West (1967). Western, starring Kirk Douglas. (T) 6.45 Channel 4 News. (T) 7.15 Deal or No Deal. Noel Edmonds hosts the high-stakes game show in which contestants can walk away with as much as #250,000 - or as little as a penny. (T) 8.05 Deadliest Catch. There's fierce competition for the best spots as the boats race back to port so they can be the first to unload their cargo. Last in series. (T) 9.05 FILM: Moulin Rouge! (2001). An idealistic British gentleman heads for Paris to celebrate the bohemian revolution - and falls in love with a dancer from the famous Moulin Rouge. Musical spectacular, starring Ewan McGregor and Nicole Kidman. (T) 11.20 FILM: Birthday Girl (2001). Twisted comedy thriller, starring Nicole Kidman. (T) 1.00 4Music Presents - Stereophonics. (R) (T) 1.35 4Music: Dubplate Drama. Dionne and Warren spend a night on the run in Birmingham. (R) (T) 2.05 FILM: Beautiful Thing (1995). Drama, with Glen Berry and Scott Neal. (T) 3.40 Dispatches Special: China's Stolen Children. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Hi-5. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.10 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 David Beckham's Soccer USA. (R) (T) 11.30 Football Italiano Highlights. (T) 12.00 Super Bears. (R) (T) 1.05 Russell Grant's Postcards. (R) (T) 1.10 FILM: Lost and Found (1979). Romantic comedy, starring Glenda Jackson. (T) 3.10 FILM: Danielle Steel's Message from Nam (1993). Premiere. Romantic drama, starring Jenny Robertson. (T) 5.45 five news and sport. (T) 6.00 FILM: The Sea Wolves (1980). Retired British soldiers are recalled to thwart the German invasion of Goa Harbour. Offbeat wartime adventure, starring Gregory Peck and Roger Moore. (T) 8.10 NCIS. Tony and Ziva disappear while looking for smuggled weapons at a shipyard, leaving their team-mates struggling to find them before they come to serious harm. Michael Weatherly stars. (R) (T) 9.05 CSI: Crime Scene Investigation. Catherine puts her relationship with the team on the line when she agrees to deceive her colleagues and help Keppler lure a murderer out of hiding. Marg Helgenberger stars. (R) (T) 10.05 Law & Order: Special Victims Unit. (T) 11.05 Criminal Minds. (R) (T) 12.05 Quiz Call. 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
Fátima, 90 Anos de Fé 0800 Bom dia Sábado 1000 Fátima, 90 Anos de Fé 1300 News 1650 Football: Azerbaijão V Portugal 1905 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 2345 John Q, film 0150 Mauvais Esprit, film 0330 A Hora da Sorte 0415 Telesales
RTP2
0700 Euronews 1000 África 7 Dias 1030 Notícias de Portugal 1130 Palco: Rodrigo Leaos, João, Xaile 1250 Bastidores 1315 The Simpsons 1335 Entre Pratos 1400 National Geographic 1500 Sport 1900 Gente da Cidade 1930 A Princesa Mononoke 2145 A Hora da Sorte 2200 News 2240 Anything Else, film Sogni D'Oro, films 0200 Sport 0600 Euro News
SIC
0700 Sic Kids 0845 Disney Kids 1200 Our World 1300 News 1400 Extase 0445 Futsal Sport: Sporting V Belenenses 1700 CSI Miami 1800 Film TBA 2000 News 2215 Paraíso Tropical 2330 Vingança 0030 Doctor No 0245 Amazónia 0330 Quando o telephone Toca
TVI
0700 Childen TV 0900 Morangos com Açucar 1045 O Bando dos Quatro 1215 DeLuxe 1300 News 1400 Os Escolhidos 1600 Film TBA1800 Film 2000 News 0030 Erros Reparaveis, film 0530 Telesales

Best of the Rest

BBC3
7.00 Spendaholics 7.30 Top Gear 8.30 The Real Hustle 9.00 Little Britain 9.30 It's Adam and Shelley 10.00 Film: Runaway Jury 12 (2003) 12.00 Drop Dead Gorgeous 1.00 The Real Hustle 1.30 Spendaholics 2.00 Singing with the Enemy 2.55 It's Adam and Shelley 3.25 Drop Dead Gorgeous 4.25 Close
BBC4
7.00 Emmylou Harris's 10 Commandments of Country 8.00 Emmylou Harris: From a Deeper Well 9.00 More Dawn French's Girls Who Do: Comedy 9.30 Charlie Brooker's Screenwipe 10.00 Film: The Wedding Director (2006) 11.40 Emmylou Harris's 10 Commandments of Country 12.40 Emmylou Harris at the BBC 1.10 More Dawn French's Girls Who Do: Comedy 1.40 Charlie Brooker's Screenwipe 2.10 Emmylou Harris's 10 Commandments of Country 3.10 Emmylou Harris: From a Deeper Well 4.10 Close
ITV2
2.40 Holiday Showdown 3.40 Holiday Airport: Palma 4.40 The New Adventures of Superman 5.25 Streetmate 6.25 Nanny 911 7.25 The Planet's Funniest Animals 7.45 The Xtra Factor 8.45 Film: The Mummy Returns 12 (2001) 11.15 Jack Osbourne: Mongol Rally 12.15 The Xtra Factor 1.15 Movies Now 1.25 Make Your Play: ITV Play 3.40 Emmerdale 6.00 Close
Sky One
1.00 Vroom Vroom 2.00 America's Dumbest Criminals 2.30 Lost 3.30 Lost 4.30 Cirque de Celebrite 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 Brainiac: Science Abuse 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Bones 11.00 Street Wars 12.00 50 Questions of Political Incorrectness 2.00 Road Wars 2.50 Street Wars 3.40 Dinotopia 4.30 America's Dumbest Criminals 4.55 Futurama: Welcome to the World of Tomorrow 5.05 Guilty!
UKTV Gold
1.15 Keeping Up Appearances 1.55 Film: Carry On Regardless U (1961) 3.40 dinnerladies 4.20 dinnerladies 5.00 My Family 5.40 My Family 6.20 Open All Hours 7.00 Open All Hours 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Film: The 6th Day 15 (2000) 11.30 Only Fools and Horses 12.10 Men Behaving Badly 12.50 Men Behaving Badly 1.30 The Worst Week of My Life 2.05 Men Behaving Badly 2.35 Men Behaving Badly 3.05 The Worst Week of My Life 3.40 Baywatch 4.25 Charlie's Angels 5.10 Dallas
TCM
1.00 Hotel Paradiso PG (1966) 3.00 Willy Wonka and the Chocolate Factory PG (1971) 5.15 Kill or Cure U (1962) 6.55 Logan's Run PG (1976) 9.00 Mad Max 18 (1979) 10.30 The Screening Room 11.00 How the West Was Won PG (1963) 1.55 Teleshopping 2.10 Logan's Run PG (1976) 4.10 All About Bette: The Life and Films of Bette Davis
The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Read it and Weep U (2006) Family comedy, starring Kay Panabaker.

MOVIES

Sky Movies Drama

6.40 The Derby Stallion PG (2005) 8.40 Joshua U (2002) 10.20 Anna's Dream PG (2002) 11.50 Prefontaine 15 (1997) With Jared Leto. 1.50 The Constant Gardener 15 (2005) With Ralph Fiennes. 4.15 Just Like Heaven PG (2005) With Reese Witherspoon. 6.00 The Derby Stallion PG (2005) With Bill Cobbs. 8.00 The Constant Gardener 15 (2005) With Ralph Fiennes. 10.15 Just Like Heaven PG (2005) With Reese Witherspoon. 11.55 Rent 12 (2005) With Rosario Dawson. 2.15 Stardust Special 2.35 The Thing Called Love 15 (1993) With River Phoenix. 4.30 Joshua U (2002)

Sky Movies Comedy

6.00 On the Nose 15 (2000) 8.00 His and Her Christmas PG (2005) 9.40 Christmas with the Kranks PG (2004) 11.25 The Silence of the Hams 15 (1993) With Billy Zane. 12.55 Just Friends 12 (2005) With Ryan Reynolds. 2.40 Scary Movie 4 15 (2006) With Anna Faris. 4.20 Marilyn Hotchkiss Ballroom Dancing and Charm School 12 (2005) With Robert Carlyle. 6.15 Christmas with the Kranks PG (2004) With Jamie Lee Curtis. 8.00 Just Friends 12 (2005) With Ryan Reynolds. 9.40 The Top 10 Show 10.00 Scary Movie 4 15 (2006) With Anna Faris. 11.30 Marilyn Hotchkiss Ballroom Dancing and Charm School 12 (2005) With Robert Carlyle. 1.20 The Silence of the Hams 15 (1993) With Billy Zane. 2.45 On the Nose 15 (2000) With Robbie Coltrane. 4.45 His and Her Christmas PG (2005)

Sky Movies Action

6.15 Action & Thriller Close Up 6.45 Magic Kid PG (1994) 8.20 Shadow Conspiracy 15 (1997) 10.05 Inside Man 15 (2006) 12.20 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 2.20 Red Dawn 15 (1984) With Patrick Swayze. 4.30 Next of Kin 15 (1989) With Patrick Swayze. 6.20 The Top 10 Show 6.40 Batman Begins 12 (2005) With Christian Bale. 9.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 10.45 The Replacement Killers 18 (1998) With Chow Yun-Fat. 12.25 Red Dawn 15 (1984) With Patrick Swayze. 2.20 American Ninja 18 (1985) With Michael Dudikoff. 4.00 Volcano: Fire on the Mountain PG (1997) 5.35 Action & Thriller Close Up

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

SPORT

Sky Sports 1

6.00 Super League Special 7.00 Big League Weekend 8.00 FIFA Futbol Mundial 8.30 Champions League Weekly 9.00 Soccer AM 12.00 Live Rugby Union. Bath v Harlequins (Kick-off 12.30pm). 2.30 Live International Football. Scotland v Ukraine (Kick-off 3.00pm). 5.30 Live Super League Grand Final. St Helens v Leeds Rhinos (Kick-off 6.00pm). 8.30 International Cricket 9.30 Live International Football. Argentina v Chile (Kick-off 9.40pm). 12.00 International Cricket 1.00 Super League Grand Final 2.30 International Football 4.30 Super League Grand Final

Sky Sports 2

6.00 Rally World 6.30 FIFA Futbol Mundial 7.00 International Football 8.30 Super League Special 9.30 Live International Cricket. Sri Lanka v England. 7.00 International Football 7.30 Live International Football. Republic of Ireland v Germany (Kick-off 7.45pm). 10.00 International Football 12.00 NFL Playbook 1.00 A1 Grand Prix 3.00 World Sport 3.30 International Cricket 4.30 Live International Cricket. India v Australia.

Sky Sports 3

6.00 Darts 8.00 NFL Weekly Review 8.30 NFL: America's Game 9.30 WWE: Smackdown 11.30 Racing News 12.00 NFL: Total Access 1.00 Live European Tour Golf. The Open de Madrid. 5.00 NFL: Total Access 6.00 WWE: Bottom Line 7.00 Live Darts. The semi-finals of the World Grand Prix. 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Golf Night 3.30 Golf Night 4.30 NFL Playbook 5.30 World Sport

British Eurosport

6.00 Live MotoGP. The Australian Grand Prix 250cc qualifying session. 6.45 MotoGP 7.45 World Rally Championship 8.15 Eurosport Buzz 8.45 International Football 10.00 Live WTA Tennis. The Kremlin Cup semi-finals. 12.00 Live Snooker. The Grand Prix. 3.45 Inside Euro 2008 4.00 Live International Football. Faroe Islands v France (Kick-off 4.00pm). 6.00 Eurosport Buzz 6.30 Snooker 7.00 Live Snooker. The Grand Prix. 9.45 MotoGP 11.00 World Rally Championship 11.30 International Football 12.45 Live MotoGP. The Australian Grand Prix warm-up session. 1.15 Close 2.45 Live MotoGP. The Australian Grand Prix 125cc race. 4.00 Live MotoGP. The Australian Grand Prix 250cc race.

Sky Sports Xtra

6.00 Carp Academy 2007 6.30 Friday Fight Night 8.30 Live Rugby Union. The second Air New Zealand Cup semi-final. 10.30 NFL Weekly Review 11.00 Darts 1.00 Live A1 Grand Prix. The Czech Republic Grand Prix qualifying session. 3.00 Rally World 3.30 Live Rugby Union. Coverage of the second Currie Cup semi-final. 6.00 Live Speedway. The Germany Grand Prix. 9.30 Golf Night 11.00 Golf Night 12.00 Rugby Union 2.00 Speedway 5.30 ATP Tennis

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BBC1

7.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 MotoGP. (T) 2.05 Cash in the Attic. (R) (T) 2.35 Diagnosis Murder. (R) (T) 3.20 EastEnders. (T)

5.10 Points of View. With Terry Wogan. (T)
5.25 Songs of Praise. The life of hymn-writer Charles Wesley. (T)
6.00 Robin Hood. Having discovered the truth about the Sheriff's impending operation Shah Mat, Robin launches a raid on Nottingham Castle's new strong room. Jonas Armstrong stars. (R) (T)
6.45 Strictly Come Dancing. Westlife perform, and the two lowest scoring women face a dance-off. (T)
7.35 BBC News; Regional News; Weather. (T)
8.00 Antiques Roadshow. The team visit the Banqueting House in the heart of London where they value a "tatty" brooch found on a building site that proves to be quite a find, and a rare collection of photographs of the Russian royal family. Michael Aspel presents. (T)
9.00 Michael Palin's New Europe. The intrepid traveller continues his journey around eastern Europe by visiting the Baltic states of Estonia, Latvia and Lithuania. He tells the story of how three tiny nations escaped the oppression of the Soviet Union and reclaimed a culture that was once thought lost. Michael celebrates the pagan festival of Jaani, embarks on a session of fire-walking, and comes to understand why Lithuania is often referred to as "A Singing Nation". (T)
10.00 BBC News; Weather. (T)
10.20 Medium. Allison's powers are revealed to the public and the DuBois family struggle to support each other after the revelation. Meanwhile, the psychic attempts to bring the "recapitator" serial killer to justice on her own. Last in series of the paranormal drama, guest starring Neve Campbell. (T)
11.00 FILM: Dear Frankie (2004). Premiere. Heart-warming drama, starring Emily Mortimer. (T)
12.45 Sign Zone: Watchdog. (R) (T) 1.15 Sign Zone: Holby City. (R) (T) 2.15 Sign Zone: Michael Wood: The Story of India. (R) (T) 3.15 Sign Zone: Kitchen Criminals. (R) (T) 3.45 BBC News 24. (T)

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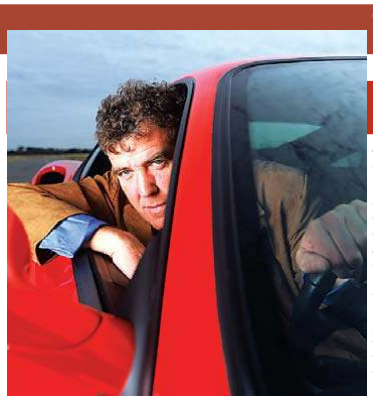

Pick of the Day

Top Gear (BBC2, 8pm)
When Jeremy Clarkson convinced the BBC to revive Top Gear with a new format back in 2002, it was the beginning of a five-year run that has seen the show dogged by criticism, including accusations of promoting irresponsible driving, causing damage to the environment and, of all things, being biased against caravans. However, as Clarkson and partners-in-crime Richard Hammond and James May continue with the second episode of the tenth series, they demonstrate that if you've got enough charm, wit and humour, or perhaps just impressive enough ratings, you can ignore any negative publicity. Here, the trio revisit an earlier effort to build amphibious cars (perhaps having seen too many James Bond movies) and undertake what is probably an ill-advised attempt to cross the channel, before tackling what could be their biggest and toughest challenge to date. Later, the Audi R8 gets put through its paces on the Top Gear track and musician Jools Holland takes time out to get behind the wheel as the latest Star in the Reasonably Priced Car. Will his lap be a high note?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Sunday Edition. (T) 10.25 CITV: Art Attack. (R) (T) 10.45 Prove It! (T) 11.10 Jim Jam & Sunny. (T) 11.25 Pocoyo. 11.35 Emu. (T) 11.50 My Parents Are Aliens. (R) (T) 12.20 ITV News and Weather. (T) 12.25 London Today; Weather. (T) 12.30 Crocodile Hunter Diaries. (R) 1.00 Torvill and Dean: Dancing on Ice. 2.00 British Superbike Championship. Live coverage from Brands Hatch. (T) 3.30 British Touring Car Championship. The final round of the season from Thruxton. (T) 4.55 The Unforgettable Diana Dors. (R) (T)

5.25 London Tonight; Weather. (T)
5.40 FILM: Ice Age (2002). Animated adventure, with the voice of John Leguizamo. (T)
7.00 Emmerdale: The Wedding Special. Looking back on the soap's most memorable ceremonies and pre-nuptial celebrations. Matthew Kelly narrates an entertaining look at some of the 46 weddings to take place in 35 years, including the fiasco that was Kelly and Jimmy's recent marriage attempt and the best jiltings, punch-ups and will-they, won't-they? moments. (T)
7.30 ITV News and Weather. (T)
7.45 Live Rugby World Cup 2007. South Africa v Argentina (Kick-off 8.00pm). Coverage of the second semi-final at the Stade de France in Paris, between the Springboks and the Pumas. (T)
10.30 ITV News and Weather; Weather. (T)
10.45 The South Bank Show. Examining the careers of John Bird and John Fortune, whose partnership began in the Cambridge Footlights and has encompassed stage, radio and TV. Melvyn Bragg meets them in their respective homes, where they talk about their working relationship and friendship as well as their individual achievements. Plus, an insight into their working methods as they write and perform a sketch exclusively for the programme. (T)
11.50 It's My Life. Terry Christian chairs a discussion on tackling drugs in modern society, talking to gangster-turned-Christian John Pridmore and Russell Newcombe from drugs charity Lifeline. (R) (T)
12.45 Motorsport UK. (T) 1.10 FILM: B Monkey (1998). Thriller, starring Asia Argento; (T) ITV News Headlines. 2.45 The Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen.

BBC2

6.00 CBeebies: Teletubbies. (R) (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 Pinky and the Brain. (R) (T) 7.40 Even Stevens. (R) (T) 8.05 The Basil Brush Show. (R) (T) 8.30 SMart. With Stephanie McIntosh from Neighbours. (T) 9.30 Prank Patrol. Lewis invites his twin brother to play pranks with him. (R) (T) 10.00 Something for the Weekend. (T) 11.30 Rugby League. (T) 12.10 Golf: World Match Play. Today's 36-hole final at Wentworth. (T) 5.00 Snooker: The Grand Prix. Live coverage of the second day's round-robin matches. (T) 6.10 The Nature of Britain. (R) (T) 7.00 Ray Mears' Wild Food. The survival expert considers the importance of woodland to prehistoric man as he visits Scotland to see the site of one of the biggest finds of Stone Age foods. Last in series. (R) (T) 8.00 Top Gear. Jeremy Clarkson, Richard Hammond and James May revisit their attempt to build amphibious cars and Jools Holland is the Star in a Reasonably Priced Car. (T) 9.00 Beautiful Young Minds. Following a gifted group of young British mathematicians on the road to competing at the 2006 International Mathematical Olympiad in Slovenia. (T) 10.30 Graham Norton Uncut. With Louis Walsh, Courtney Love and Katie Melua. (T) 11.15 Heroes. Claire continues the search for her birth mother. (R) (T) 12.00 Snooker: The Grand Prix. (T) 1.00 Snooker Extra. (T) 3.00 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 Racing Rivals. 7.55 British GT Championship. 8.25 Adrenalin Rush. 8.55 T4: Ratatouille: T4 Movie Special. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: Hollyoaks. (R) (T) 12.30 T4: MobileAct Unsigned. (T) 1.35 T4: Friends. (R) (T) 2.05 T4: Ugly Betty. (R) (T) 3.05 T4: Fashion Rocks is Coming. (T) 4.10 T4: The Simpsons. (R) (T) 4.40 T4: The Simpsons. (R) (T) 5.15 Grand Designs. (R) (T) 6.15 Grand Designs: Trade Secrets. (T) 6.45 Channel 4 News. (T) 7.00 Bremner, Bird and Fortune. The comedic trio analyse Gordon Brown's new premiership and Boris Johnson's efforts to become Mayor of London. (T) 8.00 Wife Swap. Tempers flare as free-spirit Jane Foster struggles to cope living with Rob Henderson, who insists on daily inspections of the house to ensure it meets his high levels of cleanliness. Meanwhile, Rob's wife Debbie must learn to adapt to the more liberal lifestyle of Jane's partner Simon. (T) 9.00 FILM: Alfie (2004). Premiere. A commitment-shy chauffeur enjoys a host of encounters with a string of women - but begins to suspect there's something missing from his life. Comedy drama, starring Jude Law. (T) 11.00 FILM: Meet Joe Black (1998). Romantic fantasy, with Brad Pitt and Anthony Hopkins. (T) 2.15 4Music: Stereophonics - Word Got Around. (T) 3.15 Transmission. (R) (T) 4.15 Triathlon. (R) 4.40 Headland. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 My First. (R) (T) 6.30 Thomas & Friends. (R) (T) 6.40 Big School. (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Hi-5. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.00 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 How to Be a Property Developer. (R) (T) 11.00 How Not To Decorate. (R) (T) 12.05 Great Artists. (R) (T) 12.40 FILM: The Computer Wore Tennis Shoes (1970). Disney comedy, starring Kurt Russell. (T) 2.20 Making of Stardust. (T) 2.50 FILM: Ladyhawke (1985). Medieval fantasy, starring Michelle Pfeiffer. (T) 5.00 five news and sport. (T) 5.10 FILM: The Princess Bride (1987). Fairy-tale spoof, starring Cary Elwes. (T) 7.00 FILM: The Addams Family (1991). Black comedy based on the Sixties TV series. Morticia and Gomez's unconventional life is threatened by an imposter claiming to be their long-lost Uncle Fester. Anjelica Huston stars. (T) 9.00 FILM: SWAT (2003). A disgraced cop gets the chance to redeem himself by joining an elite unit, but their first case proves challenging. Action thriller, starring Samuel L Jackson and Colin Farrell. (T) 11.10 Disorderly Conduct. (R) (T) 12.10 Loch Ness Marathon. 1.05 Major League Baseball. Live coverage of another top game. 4.10 Kickboxing: Now Is the Time - Night of Combat. (R) 5.00 Major League Soccer.

LOCAL

RTP1
0630 Fátima, 90 Anos de Fé 1230 Conta 1300 News 1400 Só Visto 1430 Top + 1500 Perdidos 1545 Storm, film 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Gato Fedorento 2230 Conta-me Como Foi 2300 Fátima. 90 Anps de Fè 0100 Top + 0130 Automobolismo 0400 Telesales 0605 Nós
RTP2
0700 Euronews 0730 Músicas de Áfirca 0830 África@global 0900 Caminhos 0930 70x7 1000 Nós 1100 Indisciplinas 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 The Simpsons 1330 Bombordo 1400 Discovery Hour 1900 Arte & Emoção 1930 Diga lá Excelência 2030 The Simpsons 2100 Entre Pratos 2130 A Alma e Gente 2200 News 2240 Câmanba Clara 2330 Britcom 0030 Onda Curta 0130 Parlamento 0200 A Alma e a Gente 0230 Euronews 0245 Sport 0600 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fátima 1300 News 1400 Film Tba 1530 Film TBA 1800 Film TBA 2000 News 2145 Familia Superstar 0100 Hora H 0145 Hoe Springs, film 0345 Quando o Telefone Toca
TVI
0645 Children's TV 0900 Morangos Com Açucar 1100 Missa Braga 1230 Oitavo Dia 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 1845 O Preço Certo 1945 A Voz do Cidadão 2000 News 2130 Morangos Com Açucar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Deadman On Campus, film 0215 Toca a Ganhar 0330 O Escritório 0400 One Hour Photo, film 0500 Telesales

Best of the Rest

BBC3
7.00 The Most Annoying Pop Songs We Hate to Love 8.00 Help Me Anthea, I'm Infested! 9.00 Drop Dead Gorgeous 10.00 Singing with the Enemy 11.00 Last Man Standing 11.55 The Most Annoying Pop Songs We Hate to Love 12.55 Drop Dead Gorgeous 1.55 Singing with the Enemy 2.50 Last Man Standing 3.50 Close
BBC4
7.00 Whatever Happened to Radio 2? 8.00 The Nature of Britain: A User's Guide 9.00 Bob Dylan at Newport Night: Arena: Dylan's Folk - The Pure, the Bad and the Holy 9.40 Bob Dylan at Newport Night: Arena - The Other Side of the Mirror - Bob Dylan at the Newport Folk Festival 11.00 Bob Dylan at Newport Night: Arena: Dylan in the Madhouse 12.10 Bob Dylan at Newport Night: Festival! 1.50 The Nature of Britain: A User's Guide 2.50 Whatever Happened to Radio 2? 3.50 Arena: Dylan's Folk - The Pure, the Bad and the Holy 4.30 Close
ITV2
2.05 Film: The Mummy Returns 12 (2001) 4.35 Coronation Street 7.00 The X Factor 8.00 The Xtra Factor 9.00 The Black Donnellys 10.00 Secret Diary of a Call Girl 10.30 Film: Empire 15 (2002) 12.30 Film: The Skulls 15 (2000) 2.35 The Black Donnellys 3.35 Jack Osbourne: Mongol Rally 4.30 Teleshopping 6.00 Close
Sky One
1.00 Malcolm in the Middle 1.30 Malcolm in the Middle 2.00 Project Runway 3.00 Brainiac's Test Tube Baby 4.00 A Town Called Eureka 5.00 The Simpsons 5.30 The Simpsons 6.00 Are You Smarter Than a Ten Year Old? 7.00 The Simpsons 7.30 Cirque de Celebrite 9.00 Film: The Truman Show PG (1998) 10.25 Street Wars 11.55 Lovespring International 12.25 Road Wars 1.25 Buffy the Vampire Slayer 2.15 Crash Test Dummies 3.05 America's Dumbest Criminals 3.30 Pop Years 4.20 Dinotopia 5.10 Guilty!
UKTV Gold
1.50 Open All Hours 2.30 Film: The Sting PG (1973) 5.00 The Blue Planet 6.00 Coast 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Dalziel & Pascoe 10.55 Only Fools and Horses 11.35 Only Fools and Horses 12.15 The Worst Week of My Life 12.55 Porridge 1.35 Porridge 2.10 Dalziel & Pascoe 3.50 Dallas 4.45 Dallas 5.35 Neighbours
TCM
1.00 Key Largo PG (1948) 3.00 Doctor Zhivago PG (1965) 7.00 Lady L U (1965) 9.00 GoodFellas 18 (1990) 11.30 A Clockwork Orange 18 (1971) 1.50 Teleshopping 2.10 The Comedians PG (1967)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.05 Daydream Believers: The Monkees Story 15 (2000) 7.50 Drama Close Up 8.20 Cinderella Man 12 (2005) 10.50 The Family Stone PG (2005) 12.40 The Horse Whisperer PG (1998) With Robert Redford. 3.30 Cinderella Man 12 (2005) With Russell Crowe. 6.00 The Family Stone PG (2005) With Claire Danes. 8.00 The Horse Whisperer PG (1998) With Robert Redford. 10.50 The Edge 15 (1997) With Anthony Hopkins. 12.50 Daydream Believers: The Monkees Story 15 (2000) With LB Fisher. 2.35 Fear 18 (1996) With Mark Wahlberg. 4.20 Miracle on the 17th Green U (1999)

Sky Movies Comedy

6.15 Boys Klub PG (2001) 8.15 The Honeymooners PG (2005) 9.50 A Young Connecticut Yankee in King Arthur's Court PG (1994) 11.35 The Man 12 (2005) With Samuel L Jackson. 1.10 Bad Santa 15 (2004) With Billy Bob Thornton. 3.00 The Brady Bunch in the White House 12 (2002) With Shelley Long. 4.45 A Young Connecticut Yankee in King Arthur's Court PG (1994) With Philippe Ross. 6.30 Smokey and the Bandit III 15 (1983) With Jackie Gleason. 8.00 Bad Santa 15 (2004) With Billy Bob Thornton. 10.00 The Man 12 (2005) With Samuel L Jackson. 11.30 The Brady Bunch in the White House 12 (2002) With Shelley Long. 1.05 My Fellow Americans PG (1996) With Jack Lemmon. 2.50 Smokey and the Bandit III 15 (1983) With Jackie Gleason. 4.20 The Honeymooners PG (2005)

Sky Movies Action

6.05 The Escapist 15 (2001) 7.50 The Sign of Four PG (2001) 9.20 Silverado PG (1985) 11.35 The Dukes of Hazzard 12 (2005) With Johnny Knoxville. 1.30 The Escapist 15 (2001) With Jonny Lee Miller. 3.05 Volcano 12 (1997) With Tommy Lee Jones. 4.50 Revolver 15 (2005) With Jason Statham. 6.45 Silverado PG (1985) With Kevin Kline. 9.00 Volcano 12 (1997) With Tommy Lee Jones. 10.50 Lucky Number Slevin 18 (2006) With Josh Hartnett. 12.45 A History of Violence 18 (2005) With Viggo Mortensen. 2.25 Whispers in the Dark 18 (1992) With Annabella Sciorra. 4.20 The Sign of Four PG (2001)

celebrating 30 years in print
Look out for our anniversary issue in November

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Super League Grand Final 8.00 International Football 10.00 The Sunday Supplement 11.00 International Football Special 1.00 Live Football League. Milton Keynes Dons v Lincoln City (Kick-off 1.30pm). 3.30 Live Football League. Doncaster Rovers v Huddersfield Town (Kick-off 4.00pm). 6.15 A1 Grand Prix 7.15 Live Darts. The World Grand Prix final. 9.30 Champions League Weekly 10.00 Live International Football. Colombia v Brazil (Kick-off 10.00pm). 12.00 Football League 2.00 International Football 4.00 Close

Sky Sports 2

6.00 Live International Cricket. India v Australia. 1.00 Live European Tour Golf. The Open de Madrid. 5.00 World Sport 5.30 NFL: Who Is? 6.00 Live NFL. Tampa Bay Buccaneers v Tennessee Titans (Kick-off 6.00pm). 9.00 Live NFL. Dallas Cowboys v New England Patriots (Kick-off 9.15pm). 1.00 Live NFL. Seattle Seahawks v New Orleans Saints (Kick-off 1.15am). 5.00 Close

Sky Sports 3

6.00 Speedway 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Wild Spirits 11.30 Racing News 12.00 NFL: Total Access 1.00 Live A1 Grand Prix. The Czech Republic Grand Prix. 3.30 Max Power 4.30 Kiteboarding 5.00 Watersports World 6.00 WWE: Experience 7.00 International Cricket 9.00 Live Golf Night. The LPGA World Championship. 11.00 Golf Night 12.00 Darts 2.00 Golf Night 4.00 Golf Night 5.00 Close

British Eurosport

5.15 Live MotoGP. The Australian Grand Prix MotoGP race. 7.00 World Rally Championship 7.30 Table Tennis 9.30 MotoGP 10.30 Live WTA Tennis. The Kremlin Cup final. 12.15 Live ATP Tennis. The BA-CA Tennis Trophy final. 1.45 International Football 2.15 Live Cycling. The 252km Paris-Tours one-day race. 4.00 MotoGP 5.30 World Superbikes 7.00 Live Snooker. The Grand Prix. 9.30 Motorsports Weekend 10.00 World Rally Championship 10.30 Inside Euro 2008 10.45 International Football 11.45 Inside Euro 2008 12.00 World Rally Championship 12.30 Close

Sky Sports Xtra

6.00 Rugby Union 8.00 NFL Playbook 9.00 NFL: Total Access 10.00 Darts 1.00 Rugby Union 3.00 BMX Supercross 4.00 Powerboating 5.00 Sportnation 6.00 Equestrian 6.30 World Sport 7.00 British Superbikes 10.00 WWE: Heat 11.00 WWE: Late Night - Afterburn 12.00 International Cricket 2.00 Powerboating 3.00 Equestrian 3.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) 4.00 The Cramp Twins. (R) (T) 4.15 Skunk Fu! (R) (T) 4.25 Thumb Wrestling Federation: TWF. (R) (T) 4.30 Thumb Wrestling Federation: TWF. (R) (T) 4.35 Lizzie McGuire. (R) (T) 5.00 The Sarah Jane Adventures. (T) 5.25 Newsround. (T)

5.35 Neighbours. Rosie and Frazer tie the knot. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Street Doctor. The doctors arrive in Edinburgh, where alcohol-related deaths and cancer are the biggest killers. Dr Barbara sets up an impromptu surgery at the docks. At the castle, Dr Ayan and Dr George treat a swollen ankle, and Dr Jonty answers Kiaz's concerns about the menopause when he visits the Royal Mile. (T)
8.00 EastEnders. The Beales face the shocking aftermath of the shooting as Jane is rushed to hospital. Lucy is determined to protect Steven from the police, leaving Ian with a difficult decision. (T)
8.30 Panorama. Hilary Andersson investigates the prospects of Barack Obama, an African-American presidential candidate for the Democratic Party. (T)
9.00 New Tricks. Halford visits a clairvoyant in the hope of making contact with his dead wife, but instead receives a message from a teenage girl who was abducted and left to die in a transport container in 1982. Despite the unconventional nature of the new evidence, Pullman agrees to reopen the investigation. The ageing detectives become convinced it will be their final case when they are ordered to report for physical and psychological evaluation. James Bolam, Amanda Redman and Robert Bathurst star. (R) (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Movie Connections. (T)
11.15 Inside Sport. Weekly round-up, presented by Gabby Logan, with interviews, features and reaction to all the latest headlines. Steve Bunce and Tony Livesey give their opinions on the latest news. (T)
11.55 FILM: Massacre in Rome (1973). Wartime drama, starring Richard Burton; (T) Weatherview.

1.45 Sign Zone: Countryfile: The Summer Diaries. (R) (T) 2.45 Sign Zone: China's Terracotta Army. (R) 3.45 Sign Zone: James May's 20th Century. (R) (T) 4.15 Sign Zone: Kitchen Criminals. (R) (T) 4.45 BBC News 24. (T)

Pick of the Day

Dragons' Den (BBC2, 9pm)
It's a new season of the programme that gives budding entrepreneurs a chance to finance their businesses - or crushes their dreams, depending on how the audition goes. In this fifth season, James Caan - the venture capitalist and founder of Hamilton Bradshaw, not the Godfather actor - joins the Dragon team of Deborah Meaden, Duncan Bannatyne, Theo Paphitis and Peter Jones. As usual, there's a varied bunch of up-and-comers who want to get their hands on the Dragons' cash in order to make their dream businesses into a flourishing reality. It's up to the Dragons to decide whether their ideas are sensible, plausible and, most of all, profitable. First up is Andy Harmer, a professional David Beckham look-alike who wants £100,000 to set up a celebrity impersonator business. Knowing he might need some extra help to convince the tough judges, he brings along Johnny Depp and Will Smith - or their doppelgangers anyway. Next up in the Den is Laban Roomes, who requests £60,000 for a portable gold-plating business. Martin and Susan Cowley from the Rhondda Valley need £100,000 for their preservative- and additive-free fruit and jerky snacks enterprise. There's also the iBox, which sounds like some sort of techie creation, but is actually an ironing board masked as lounge furniture. Who will the Dragons put their faith - and money - in?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. The Midlands heats begin with judges Ed Baines, Jilly Goolden and John Burton Race tempted by meals prepared by contestants including the show's youngest competitor yet. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Jack confronts Diane over her affair with Billy and refuses to believe her version of events, declaring their marriage over - just as there's a knock at the door. Gray is upset that Perdy confided in Katie rather than him so she admits she's finding it hard to trust him again following her ordeal with Rosemary. (T)
7.30 Coronation Street. Sarah falls apart as she tries to organise the wedding, but it's the final straw when Todd returns to the Street to take up his invitation to the stag do and wedding. Sally's attraction to John is the subject of gossip among the factory girls, and Fiz tells a saddened Kirk that Chesney should move in with her. (T)
8.00 I've Lost My Home: Tonight. (T)
8.30 Coronation Street. An exasperated Sarah tries not to let David gain the upper hand, but his antics cause to ruin her wedding dress - and Jason's stag do in the process. Rosie is upset to hear Liam making a date with Maria and tries to scupper their plans, and Chesney tells Fiz he wants to stay with Kirk. (T)
9.00 Doc Martin. Louisa faces off with love rival Carrie in a battle for Martin's affections, and romance is in the air for Aunt Joan, who gains an admirer in the form of Edward. Elsewhere, Al makes a surprise reappearance and PC Penhale celebrates his birthday. Martin Clunes stars, with Joe Absolom and Louise Delamere. (T)
10.00 Police, Camera, Action! Adrian Simpson shares statistics revealing that more then 500,000 cars are stolen in Britain each year and offers tips to help viewers keep their vehicles secure. (T)
10.30 ITV News; Weather. (T)
11.05 FILM: In the Line of Fire (1993). Blockbusting thriller, starring Clint Eastwood. (T)

1.25 Champions League Weekly. (T) 1.50 Make Your Play; (T) ITV News Headlines. 4.10 Vanessa's Real Lives. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (T) 7.00 CBBC: Pitt & Kantrop. (R) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: See You, See Me. (T) 10.50 BBC Primary History. (T) 11.10 BBC Primary Geography. (T) 11.30 Watch. (T) 11.45 Watch. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: KS1 Science Clips. (T) 1.10 KS1 Science Clips. (T) 1.20 Thinking Skills. (T) 1.30 Snooker: The Grand Prix. Including Ronnie O'Sullivan v Steve Davis. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Snooker: The Grand Prix. Rishi Persad presents live coverage of tonight's round-robin matches on day three at the Aberdeen Exhibition and Conference Centre, including John Higgins v Tian Pengfei. (T) 8.00 University Challenge. Lancaster University take on the University of Birmingham. (T) 8.30 Nigella Express. The chef prepares a variety of comfort foods. (T) 9.00 Dragons' Den. New series featuring new Dragon James Caan. (T) 10.00 Have I Got News for You. Guests include Ross Noble. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Why Democracy?: Danish Cartoons. (T) 12.15 Snooker: The Grand Prix. (T) 1.05 Snooker Extra. (T) 2.00 BBC Learning Zone. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Get Me the Producer; (T) Get Me the Producer - Camera Operator and Get Me the Producer - Runner. 10.30 Who Really Runs the World; (T) 3 Minute Wonder. (R) (T) 11.30 TV Is Dead? (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 A Place in the Sun. (R) (T) 2.00 FILM: The Bigamist (1953). Sentimental drama, starring Edmond O'Brien. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Frieze! It's Art, Don't You Know. New series. British artist David Shrigley. (T) 8.00 The Smallest People in the World. The moving stories of five primordial dwarves. (R) (T) 9.00 The Relief of Belsen. Docu-drama using scripted events, testimony and news footage to depict the struggle of the British-led medical team to rescue the starving inmates of prison camp Bergen-Belsen. (T) 11.05 FILM: Van Wilder: Party Liaison (2002). Comedy, starring Ryan Reynolds. (T) 12.45 FILM: Lady Vengeance (2005). Premiere. Thriller, starring Yeong-ae Lee. 3.00 4Music: MobileAct Unsigned. (R) (T) 4.00 Channel 4 Education. 4.00 Citizen UK. 4.25 Citizen UK. 4.50 Shakespeare Schools Drama Festival. 5.40 Maths Mansion. 5.50 Maths Mansion. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.30 FILM: Claire (2007). Premiere. Mystery, starring Valerie Bertinelli. (T) 3.05 FILM: The World of Suzie Wong (1960). Romantic melodrama, starring William Holden. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.15 Nigel Marven's Shark Island. New series. Nigel explores Cocos Island off the coast of Costa Rica; (T) 7.15 five news update. 8.00 Fifth Gear. Vicki Butler-Henderson tests a Gran Torino and a Dodge Charger on the track; (T) 8.00 five news at 9. 9.00 Extraordinary People. Surgeon Jesus Gomez must remove a seven-kilo lesion from the face of a 13-year-old Haitian girl before her debilitating condition becomes fatal. Last in series. (T) 10.00 Banged Up Abroad. Two women who were charged with drug smuggling in Peru. (T) 11.05 FILM: Fist of Fury (1972). Bruce Lee action adventure. Dubbed in English. (T) 1.05 NFL Live. Atlanta Falcons v New York Giants (Kick-off 1.30am). 4.50 NASCAR. The Bank of America 500. 5.40 European Drag Racing. From the Santa Pod Raceway.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1415 Lingo 1530 Portugal no Coração 1800 Portugal em Directo 1900 Operação Triunfo 1900 O Preço Certo 1955 Direito de Antena 2000 Telesales 2100 Notas Soltas 2130 Sabe mais do que um Miúdo de 10 anos? 2230 Prós e Contras 0100 Captain Blood, film 0400 Telesales 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Todos Contra o Chris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportage, 2300 Roma 2345 Mundos 0030 noites da 2 0115 Discovery Hour 0215 Diga là Excelência 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magia 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0130 Universal Soldiers Unifinnished Business, film 0315 Quando O Telefone Toca

TVI
0700 Diário da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar – Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Desaparecido 0045 A Rede, film 0300 Toca a Ganhar 0430 Que Loucura de Familia VII 0500 Telesales

Best of the Rest

BBC3
7.00 The Most Annoying Pop Songs We Hate to Love 8.00 Spendaholics 8.30 The Real Hustle 9.00 Little Britain 9.30 It's Adam and Shelley 10.00 EastEnders 10.30 Leave Us Kids Alone 11.25 Family Guy 11.45 Family Guy 12.10 The Most Annoying Pop Songs We Hate to Love 1.10 The Real Hustle 1.40 Leave Us Kids Alone 2.35 It's Adam and Shelley 3.05 Spendaholics 3.35 Help Me Anthea, I'm Infested! 4.05 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Film: Doctor in Love PG (1960) 9.00 Doctors to Be: Twenty Years On, the Radiologist's Tale 9.30 Dr Finlay's Casebook 10.25 The Cinema Show 11.20 Cardiac Arrest 11.50 Cardiac Arrest 12.20 From Raj to Rhondda - How Indian Doctors Saved the NHS 1.00 The Cinema Show 2.00 Doctors to Be: Twenty Years On, the Radiologist's Tale 2.30 From Raj to Rhondda - How Indian Doctors Saved the NHS 3.10 The Cinema Show: Docs on the Box 4.10 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Who Wants to Be a Millionaire? Newlyweds Special 9.00 Hell's Kitchen USA 10.00 Film: Mission: Impossible 2 15 (2000) 12.25 Coronation Street 12.55 Coronation Street 1.25 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Ross Kemp on Gangs 10.00 Prison Break 11.00 Road Wars 12.00 Street Wars 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!

UKTV Gold
1.00 My Family 1.40 The New Adventures of Old Christine 2.10 The New Adventures of Old Christine 2.40 Dancing with the Stars 4.00 Dancing with the Stars 5.00 Doctor Who 6.00 Murder, She Wrote 7.00 Keeping Up Appearances 7.40 My Family 8.20 dinnerladies 9.00 My Family 9.40 My Family 10.20 One Foot in the Grave 11.00 Men Behaving Badly 11.40 Men Behaving Badly 12.20 The Worst Week of My Life 1.00 Men Behaving Badly 1.35 One Foot in the Grave 2.10 The Afternoon Play 3.10 Casualty 4.00 Close Up 4.10 Wogan: Now and Then 5.00 2point4 Children 5.35 Neighbours

TCM
1.00 Butterfield 8 PG (1960) 3.00 The Tender Trap PG (1955) 5.05 To Have and Have Not U (1944) 7.00 Zigzag PG (1970) 9.00 Coma 15 (1978) 11.05 Lenny 15 (1974) 1.05 Cool Breeze 15 (1972) 3.05 Teleshopping 3.20 The Hunger 18 (1983)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.05 Desperate Rescue 12 (1992) 7.50 Here Comes the Son PG (1996) 9.25 Columbo: Murder, Smoke and Shadows PG (1989) 11.05 Evita PG (1996) With Madonna. 1.20 Stardust Special 1.40 Desperate Rescue 12 (1992) With Mariel Hemingway. 3.20 Columbo: Murder, Smoke and Shadows PG (1989) With Peter Falk. 5.10 Drama Close Up 5.40 Evita PG (1996) With Madonna. 8.00 North Country 15 (2005) With Charlize Theron. 10.10 McVicar 18 (1980) With Roger Daltrey. 12.05 The Skeleton Key 15 (2005) With Kate Hudson. 1.50 Sunday, Bloody Sunday 15 (1971) With Glenda Jackson. 3.40 The Offence 15 (1973) 5.35 Here Comes the Son PG (1996)

Sky Movies Comedy

6.05 The Party PG (1968) 7.50 Project: ALF PG (1996) 9.25 Jane Austen's Mafia! 12 (1998) 11.10 Honeymoon with Mom 12 (2006) With Shelley Long. 12.50 Stir Crazy 15 (1980) With Gene Wilder. 2.50 The Ringer 12 (2005) With Johnny Knoxville. 4.40 Honeymoon with Mom 12 (2006) With Shelley Long. 6.25 Jane Austen's Mafia! 12 (1998) With Jay Mohr. 8.00 Stir Crazy 15 (1980) With Gene Wilder. 10.00 Saving Grace 15 (1999) With Brenda Blethyn. 11.40 The Ringer 12 (2005) With Johnny Knoxville. 1.30 The Party PG (1968) With Peter Sellers. 3.15 Saving Grace 15 (1999) 4.55 Project: ALF PG (1996)

Sky Movies Action

6.05 Attack Force Z 15 (1981) 7.55 The Top 10 Show 8.15 Young Guns II: Blaze of Glory 15 (1990) 10.05 Deep Impact 12 (1998) 12.10 Determination of Death 15 (2000) With Marc Singer. 1.50 Attack Force Z 15 (1981) With Mel Gibson. 3.40 Munich 15 (2005) With Eric Bana. 6.25 Action & Thriller Close Up 6.55 Deep Impact 12 (1998) With Robert Duvall. 9.00 Kiss Kiss Bang Bang 15 (2005) With Robert Downey Jnr. 10.45 Munich 15 (2005) With Eric Bana. 1.30 Young Guns II: Blaze of Glory 15 (1990) With Emilio Estevez. 3.20 Determination of Death 15 (2000) 5.00 Too Close to Home (1997)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Powerboating 7.00 WWE: Bottom Line 8.00 Football League 10.00 International Football 12.00 Champions League Weekly 12.30 Football League 2.30 Champions League Weekly 3.00 International Football 5.00 Champions League Weekly 5.30 Soccer AM: The Best Bits 6.30 Big League Weekend 7.30 Monday Night Live. Luton Town v Northampton Town (Kick-off 7.45pm). 10.00 Big League Weekend 11.00 Soccer AM: The Best Bits 12.00 Big League Weekend 1.00 Champions League Weekly 1.30 Live NFL. Atlanta Falcons v New York Giants (Kick-off 1.30am). 5.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Golf Night 9.00 Golf Night 10.00 Darts 12.00 British Superbikes 3.00 Darts 5.00 Judo 6.00 Show Jumping 7.00 NFL: Triple Header 10.00 Judo 11.00 Moto Plus 11.30 World Sport 2.00 Moto Plus 2.30 Show Jumping 3.30 Close

Sky Sports 3

10.00 A1 Grand Prix 11.00 Aerobics Oz Style 11.30 Racing News 12.00 NFL: Triple Header 3.00 Powerboating 4.00 A1 Grand Prix 5.00 WWE: Raw 7.00 Wild Spirits 7.30 World Motor Sport 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Cycling 8.15 World Rally Championship 8.45 International Football 9.45 MotoGP 11.00 Live Snooker. The Grand Prix. 5.00 Inside Euro 2008 5.15 International Football 6.30 Live Snooker. The Grand Prix. 9.30 MotoGP 11.00 World Rally Championship 11.30 Inside Euro 2008 11.45 Eurosport Buzz 12.15 Inside Euro 2008 12.30 Close

Sky Sports Xtra

10.00 Live Tennis. The opening day of the Madrid Masters. 10.00 Show Jumping 11.00 Adrenaline 11.30 Wild Spirits 12.00 Judo 1.00 Adrenaline 1.30 Wild Spirits 2.00 Close

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[2] Installation costs €40 per hour and is not available in every area.

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.15 Skunk Fu! (R) (T) 4.30 Prank Patrol. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Events following the bus crash start to unfold with Carmella and Ringo still trapped inside. Toadie is left reeling when he finds out he was dangerously close to the legal limit. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Ian receives devastating news from the doctor and Kevin has an unfortunate encounter with the postman, who turns out to be a new resident on the Square. Ronnie reveals her plans for the future to Roxy, while Peggy's behaviour arouses suspicion. Minty begins to doubt Hazel's affection for him. (T)
8.00 Holby City. Donna and Mark's medical expertise is needed when they catch up with James and his abductors on an industrial estate and have a fight on their hands to save his life - then comes the problem of getting back to the hospital without Elliot finding out. Daniel struggles to choose between Maddy and Louise, and Abra's departure leads to Kyla drinking during her shift. (T)
9.00 Spooks. New series of the espionage drama, beginning a new serial format. An undercover operation planned to assassinate a suspected terrorist in Tehran results in disaster. Innocent civilians are allowed to die but the target survives and asks to defect. That's when it emerges Section D were set up, and the plot was really a means of releasing a lethal virus into Iran - which the team have brought back with them to Britain. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 One Foot in the Grave. (R) (T)
11.05 Film 2007 with Jonathan Ross. Including a review of Rendition, a drama about America's treatment of terror suspects, starring Meryl Streep, Reese Witherspoon and Jake Gyllenhaal. Plus, a look at Stardust, a movie version of the fantasy novel, co-written by the presenter's wife Jane Goldman. (T)
11.35 FILM: White Sands (1992). Psychological thriller, starring Willem Dafoe. (T)
1.15 Sign Zone: See Hear. (R) (T) 1.45 Sign Zone: Mountain. (R) (T) 2.45 Sign Zone: Grumpy Old Holidays. (R) (T) 3.15 Sign Zone: Kitchen Criminals. (R) (T) 3.45 BBC News 24. (T)

Pick of the Day

Oz and James's Big Wine Adventure (BBC2, 8pm)
After exploring the vineyards of France last year, James May takes a break from the Top Gear track to rejoin his mentor, Oz Clarke, for a trip to America. Trapped in the cramped, sweaty, 42-foot motorhome James has chosen to be their dwelling for the next four weeks, they travel to California, which has become a formidable winemaking region. Stopping first at Muscle Beach, James is surprised by the local reaction to Oz, who won the World Wine Tasting Championships here in the 1980s and is still treated as something of a hero and connoisseur. Heading down to Buellton in Santa Barbara County, where wine-y sleeper-hit Sideways was filmed, the duo meet dozens of wine lovers who idolise Oz - including glamorous Amy, who dines with them at the famous Hitching Post restaurant. The pair later meet Fess Parker, who played Davy Crockett for Walt Disney in the 1950s, and also world-renowned winemaker Jim Clendenan. They even don wetsuits to try their hands at surfing. But not everyone's having fun in the sun - after assuming that the world of wine-tasting is somewhat less complicated in America, James is devastated to realise it's just as complex as in France.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)
5.00 Britain's Best Dish. The Midlands heats continue, with judges Ed Baines, Jilly Goolden and John Burton Race being tempted by meals including a pheasant casserole and a spicy New Orleans venison stew. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Hour-long episode. Billy tells Victoria that Jack was responsible for her mother's death so believing this, she returns home with a can of petrol and a lighter, but when Andy reveals he was really the one responsible the revelation has disastrous results. Nicola tricks Jasmine to spend more time with David, and Chas is revealed as a cheat at the pub quiz. (T)
8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to have a go at answering 12 consecutive questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)
9.00 Britain's Biggest Storm. Recalling the events of October 16 1987 when the worst storm for 300 years raged across southern England, killing 19 people, destroying much of the natural landscape and causing damage running into millions of pounds. The programme uses computer-generated technology and first-hand accounts to recreate the horrors and acts of heroism of the night. Narrated by David Phelen. (T)
10.30 ITV News; Weather. (T)
11.05 Extreme Rescue. Reconstruction of the 1984 IRA bombing which nearly killed prime minister Margaret Thatcher and her cabinet at the Grand Hotel in Brighton in the early hours of the final day of the Conservative Party Conference. Featuring archive footage, graphics and interviews with those involved, focusing on the attempts to rescue Muriel Maclean, Harvey Thomas and Norman Tebbit. Sam West narrates. (T)
12.05 Make Your Play; (T) ITV News Headlines. 4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 CBeebies: Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Watch. (T) 10.45 Friends and Heroes. (T) 11.10 The Lost City of Roman Britain: A Meet the Ancestors Special. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Friends and Heroes. (T) 1.30 Snooker: The Grand Prix. Including Neil Robertson v Stephen Lee. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Snooker: The Grand Prix. Rishi Persad introduces live coverage of tonight's round-robin matches on day four at the Aberdeen Exhibition and Conference Centre, including John Higgins v Mark King. (T) 8.00 Oz and James's Big Wine Adventure. (T) 8.30 Heston Blumenthal: In Search of Perfection. New series. Looking at the science and taste of chicken tikka masala. (T) 9.00 Classical Star. New series. The hunt for Britain's next classical superstar. (T) 10.00 The Grumpy Guide to Teenagers. (T) 10.30 Newsnight; Weather. (T) 11.20 Snooker: The Grand Prix. (T) 12.10 Snooker Extra. (T) 2.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Get Me the Producer; (T) Get Me the Producer: Researcher and Get Me the Producer: Studio Director. (T) 10.30 Fame Asylum; (R) (T) 3 Minute Wonder. (R) (T) 11.30 TV Is Dead? (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 A Place in the Sun. (R) (T) 2.00 FILM: World for Ransom (1954). Thriller, starring Dan Duryea. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Frieze! It's Art, Don't You Know. The work of American artist Kara Walker. (T) 8.00 Jamie at Home. Cooking with pumpkins and squashes. (T) 8.30 The Wild Gourmets. Thomasina Miers prepares Peking squirrel pancakes. (T) 9.00 Bringing Up Baby. The parents try to get their lives back to normal. Last in series. (T) 10.00 Phil Spector's Demons. The life of the groundbreaking record producer. (T) 11.00 BodyShock: The Riddle of the Elephant Man. (R) (T) 12.05 The Fanbanta Football Show. 12.40 UK Poker Tour. 1.40 KOTV. (T) 2.05 British GT Championship. (R) 2.35 Racing Rivals. (R) 3.00 Freesports on 4. 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Russell Grant's Postcards. (R) (T) 1.30 FILM: Seduced (1985). Thriller, starring Cybill Shepherd. (T) 3.30 five news update. (T) 3.35 FILM: Another Day (2001). Drama, starring Shannen Doherty. 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.15 Nigel Marven's Shark Island. Tracing hammerheads' migration patterns; (T) 7.15 five news update. 8.00 The Yorkshire Ripper - Mind of a Killer: Revealed. Contentious claims about Peter Sutcliffe's mental state; (T) 8.00 five news at 9. 9.00 CSI: Miami. A government weapons truck is hijacked. (T) 10.00 CSI: NY. The team investigate the murder of a showgirl and discover the victim is a drag queen. Meanwhile, Lindsay testifies against a man who murdered four of her friends; (R) (T) five news update. 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Shock Docs: America's Deadliest Gang. (R) (T) 1.00 US PGA Golf. 1.50 US PGA Golf. 2.40 Seniors Golf. 3.30 V8 Supercars. 5.10 Race and Rally UK. 5.35 Motorsport Mundial.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegira 1300 News 1410 Prova de Amor 1435 Lingo 1530 Portugal No Coração 1745 Operação Triunfo 1800 Football: Montenegro V Portugal 2000 Telesales 2100 A Guerra 2200 Sabe mais do que um Miúdo de 10 Anos? 2300 Dresden 0045 Câmara Café 0145 Palavras pra Quê 0215 Trio D Ataque 0415 Telesales 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A fé Dos Homens 1900 2010 1945 Zig Zag 2045 Todos Contas o Chris 2115 National Geographic 2200 News 2240 ER 2330 Animais Como nòs 0030 Noites da 2 0115 Discovery Hour 0215 Câmara Clara 0315 2010 0400 Sociedade Civil 0615 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 Desperate Housewives 0215 Sex and the City 0330 Olhar da Serpente
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 2000 News 2115 Olha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Twins, film

Best of the Rest

BBC3
7.00 The Most Annoying Pop Songs We Hate to Love 8.00 Dog Borstal 9.00 Singing with the Enemy 10.00 EastEnders 10.30 Spooks 11.30 Drop Dead Gorgeous 12.25 The Most Annoying Pop Songs We Hate to Love 1.25 Dog Borstal 2.20 Singing with the Enemy 3.20 Drop Dead Gorgeous 4.20 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Pop Goes the 60s 7.35 Batman 8.00 Legends: Matt Monro - The Man with the Golden Voice 9.00 Ripping Yarns 9.30 Flight of the Conchords 10.00 Charlie Brooker's Screenwipe 10.30 Film: Etre et Avoir U (2002) 12.10 Children of the Chinese Circus: Storyville 1.40 Charlie Brooker's Screenwipe 2.00 Legends: Matt Monro - The Man with the Golden Voice 3.00 Children of the Chinese Circus: Storyville 4.20 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 Streetmate 8.00 Shoplifters - Caught on Camera 9.00 Film: Mission: Impossible 2 15 (2000) 11.25 Secret Diary of a Call Girl 11.55 Entourage 12.25 Film: Last Action Hero PG (1993) 2.50 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 A Town Called Eureka 10.00 Road Wars 11.00 Ross Kemp on Gangs 12.00 Street Wars 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.00 Last of the Summer Wine 1.40 One Foot in the Grave 2.20 Keeping Up Appearances 3.00 My Family 3.40 dinnerladies 4.20 Last of the Summer Wine 5.00 Doctor Who 6.00 Murder, She Wrote 7.00 Keeping Up Appearances 7.40 My Family 8.20 dinnerladies 9.00 Who Do You Think You Are? 10.00 The Royle Family 11.00 Men Behaving Badly 11.40 Men Behaving Badly 12.20 The Worst Week of My Life 1.00 Men Behaving Badly 1.40 The Royle Family 2.30 The Afternoon Play 3.30 Casualty 4.20 Icons 4.25 Wogan: Now and Then 5.15 Alistair McGowan's Big Impression 5.35 Neighbours
TCM
1.00 The Biggest Bundle of Them All PG (1968) 3.00 42nd Street U (1933) 4.40 The Girl and the General PG (1967) 6.30 Ice Station Zebra U (1968) 9.00 Frantic 15 (1988) 11.05 The Big Red One 15 (1980) 1.00 Eye of the Devil 15 (1967) 2.30 Teleshopping 2.45 The Fixer 15 (1968)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.15 Her Own Rules PG (1998) 8.45 Long Road Home PG (1991) 10.25 Columbo: Sex and the Married Detective 15 (1989) 12.00 Force of Impact PG (2005) With Antonio Sabato Jnr. 1.35 Her Own Rules PG (1998) With Melissa Gilbert. 3.05 Columbo: Sex and the Married Detective 15 (1989) With Peter Falk. 4.40 Long Road Home PG (1991) With Mark Harmon. 6.20 Her Own Rules PG (1998) With Melissa Gilbert. 8.00 Force of Impact PG (2005) With Antonio Sabato Jnr. 9.45 The New World 12 (2005) With Colin Farrell. 12.10 Kundun 12 (1997) With Tenzin Thuthob Tsarong. 2.25 Lost Behind Bars 15 (2006) With Paget Brewster. 3.55 Borderline Normal 15 (1999) 5.40 Force of Impact PG (2005)

Sky Movies Comedy

6.30 Drop Dead Fred 15 (1991) 8.25 Ratatouille Special 8.55 The Adventure of Sherlock Holmes' Smarter Brother PG (1975) 10.30 The Producers 12 (2005) 12.45 Home for the Holidays 15 (1995) With Holly Hunter. 2.35 The 40 Year Old Virgin 15 (2005) With Steve Carell. 4.35 Manhattan 15 (1979) With Woody Allen. 6.15 Drop Dead Fred 15 (1991) With Rik Mayall. 8.00 The 40 Year Old Virgin 15 (2005) With Steve Carell. 10.00 The Producers 12 (2005) With Matthew Broderick. 12.15 Manhattan 15 (1979) With Woody Allen. 1.55 Home for the Holidays 15 (1995) With Holly Hunter. 3.50 Comedy Close Up 4.20 The Adventure of Sherlock Holmes' Smarter Brother PG (1975)

Sky Movies Action

6.35 Pacific Heights 15 (1990) 8.30 Fall into Darkness 15 (1996) 10.15 Deceived 15 (1991) 12.15 Miami Vice 15 (2006) With Colin Farrell. 2.40 Action & Thriller Close Up 3.10 Pacific Heights 15 (1990) With Michael Keaton. 5.05 Lone Wolf McQuade 18 (1983) With Chuck Norris. 7.00 Deceived 15 (1991) With Goldie Hawn. 9.00 Miami Vice 15 (2006) With Colin Farrell. 11.15 Lone Wolf McQuade 18 (1983) With Chuck Norris. 1.05 Mississippi Burning 18 (1988) With Gene Hackman. 3.15 True Colors 15 (1991) 5.10 In the Line of Duty: Siege at Marion PG (1992)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Soccer AM: The Best Bits 7.00 WWE: Afterburn 8.00 Big League Weekend 9.00 Soccer AM: The Best Bits 10.00 Wild Spirits 10.30 Judo 11.30 Big League Weekend 12.30 Soccer AM: The Best Bits 1.30 Big League Weekend 2.30 NFL 4.30 Big League Weekend 5.30 Powerboating 6.00 Foot Brazil 6.30 Footballers Golf Classic 7.30 Live International Football. Republic of Ireland Under-21s v England Under-21s (Kick-off 8.00pm). 10.15 Poker Million 12.15 International Football 1.30 Live International Football. Venezuela v Argentina (Kick-off 1.40am). 3.30 Foot Brazil 4.00 A-League 4.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 Judo 9.00 Adrenaline 9.30 World Motor Sport 12.00 Powerboating 1.00 Judo 2.00 World Motor Sport 4.30 Cricket 5.30 Adrenaline 6.00 NFL 8.00 Footballers Golf Classic 9.00 PGA Grand Slam of Golf 12.00 NFL: Total Access 1.00 Max Power 2.00 PGA Grand Slam of Golf 5.00 Close

Sky Sports 3

10.00 Show Jumping 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Adrenaline 12.30 Wild Spirits 1.00 NFL: Total Access 2.00 Wild Spirits 2.30 Adrenaline 3.00 Show Jumping 4.00 Yachting 5.00 WWE: Smackdown 7.00 The Dogs 7.30 Ginetta Championship 8.00 Cricket 9.00 BMX Supercross 9.30 Powerboating 10.00 World Pool Masters 11.00 Yachting 12.00 Cricket 1.00 Footballers Golf Classic 2.00 World Pool Masters 3.00 The Dogs 3.30 Powerboating 4.00 Footballers Golf Classic 5.00 Close

British Eurosport

7.30 Inside Euro 2008 7.45 International Football 8.45 International Football 9.45 International Football 10.45 Inside Euro 2008 11.00 Live Snooker. The Grand Prix. 5.00 Inside Euro 2008 5.15 Live WTA Tennis. The Zurich Open. 7.00 Live Snooker. The Grand Prix. 9.30 World Rally Championship 10.30 Inside Euro 2008 10.45 World Superbikes 12.15 Inside Euro 2008 12.30 Close

Sky Sports Xtra

10.00 Live Tennis. The second day of the Madrid Masters. 10.00 Ginetta Championship 10.30 The Dogs 11.00 Adrenaline 11.30 A-League 12.00 Sports Unlimited 1.00 Adrenaline 1.30 Ginetta Championship 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty. (R) (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.15 Skunk Fu! (R) (T) Bernard. (R) 4.30 SMart. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Runaway Mickey is coerced by another homeless child to take part in a crime. Rebecca is horrified to see a picture of old flame Paul Robinson and arranges a meeting to force him to make Elle stop seeing her son as he is also Oliver's father. Rachel arranges a surprise birthday party for Karl. (R) (T)
6.00 BBC News. (T)
6.30 Regional News Programmes. (T)
7.00 The ONE Show. (T)
7.30 Inside Out. Stories of interest to the region. (T)
8.00 Watchdog. Investigation show, fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury. (T)
8.30 Rogue Traders. Matt Allwright exposes a dodgy dealer who's selling unroadworthy vehicles to the public and finds a rusty hire car that should be on the scrap heap. (T)
9.00 The Nature of Britain. Alan Titchmarsh heads to the Orkney Islands, where he discovers the world's largest dry-stone wall, which surrounds the island of North Ronaldsay, is being used to keep livestock out. He also observes farming methods in Somerset which cause the land to flood naturally, setting the scene for peregrine falcons to hunt wild ducks. Other featured creatures that owe their existence partly to farming include horseshoe bats, dung beetles and bumble-bees. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. Myleene Klass announces the all-important numbers. (T)
10.40 Match of the Day. Russia v England. Gary Lineker introduces highlights from both teams' penultimate match of their Euro 2008 Group E qualification campaigns, staged at the Luzhniki Stadium in Moscow. Steve McClaren's men inflicted a 3-0 defeat on the Russians at Wembley in September and could all but secure their place in the finals with another win here. However, Guus Hiddink's men have conceded just one goal on home soil so far and are likely to prove much tougher opposition than they did last month. Commentary by Steve Wilson and Mark Lawrenson. (T)
11.50 FILM: The Ex (1997). Thriller, with Nick Mancuso; (T) Weatherview.
1.20 Sign Zone: Antiques Roadshow. (R) (T) 2.20 Sign Zone: Michael Palin's New Europe. (R) (T) 3.20 Sign Zone: Kitchen Criminals. (R) (T) 3.50 BBC News 24. (T)

Pick of the Day

The Nature of Britain (BBC1, 9pm)
Alan Titchmarsh is so infectiously enthusiastic that he could probably make even the most mundane ecological matters seem interesting, but here he presents a genuinely fascinating exploration into the relationship between some of Britain's most distinctive animals and the habitats in which they live. Travelling into the countryside, he visits a giant greenhouse and discovers how bumblebees are helping to make tomatoes grow, before heading on to the Orkney Islands, where the world's largest dry-stone wall has been constructed. Surrounding the island of North Ronaldsay, the barrier is used to keep out the unusual seaweed-eating sheep that graze upon a nearby beach. Then, on the Somerset Levels, Alan learns how a return to traditional farming methods allows the land to flood naturally in winter as it once did in medieval times, and witnesses the peregrine falcon, the fastest creature on the planet in its hunting dive, when it sets a flock of wild ducks in its sights. Finally he reveals how the elusive horseshoe bat owes its survival to farming, as the deposits left by livestock provide the ideal habitat for its prey - the humble dung beetle.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Traditional meaty pies figure prominently on the main course menu as the Midlands heats reach the halfway mark. Starters include an unusual fusion crab stir fry. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. The villagers see the devastation of the fire and the police arrive to question the survivors, leaving Andy wondering if he should admit to starting the fire that killed Sarah. Carrie is thrilled when Lexi returns and Jasmine tries to remain calm when Nicola taunts her about her night with David. (T)
7.30 Coronation Street. Sarah asks Todd to be the best man after the pair finally make peace, and David is green with envy as he watches them share a celebratory drink at the pub. Fiz grows frustrated by Sally's monopoly on John, while Liam confronts Rosie about the undelivered message. Elsewhere, Kevin arrives back from Milan minus a drunken Jerry. (T)
8.00 The Bill. Ben Richards joins the cast as PC Nate Roberts, a seasoned professional with an appetite for action and an eye for the ladies. Meanwhile, Phil Hunter clears his desk and prepares to move on, convinced none of his Sun Hill colleagues except Sam will give him a second thought. Diane is shocked to encounter an old army pal living in a squat with his girlfriend, who has been injured in a crack den fire. (T)
9.00 FILM: Miss Congeniality 2: Armed and Fabulous (2005). Premiere. FBI agent Sandra Bullock returns to the dog-eat-dog world of crime-fighting in an effort to rescue her friends from kidnappers. Comedy sequel, co-starring Regina King. Continues after the news. (T)
10.30 ITV News; Weather. (T)
11.05 FILM: Miss Congeniality 2: Armed and Fabulous (2005). Concluded. (T)
11.50 Shane Richie's Playlist. The actor tells Jayne Middlemiss about the music that makes up the soundtrack of his life, choosing five tracks from the past, revealing his all-time favourite song and making a dedication to someone special. (R) (T)
12.15 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 The Flying Gardener. (R) (T) 10.45 Family Xchange. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Snooker: The Grand Prix. Including John Higgins v Nigel Bond. (T) 5.15 Strictly Come Dancing - It Takes Two. (T) 5.45 Match of the Day Live. Georgia v Scotland (Kick-off 6.00pm). (T) 8.00 The Restaurant. Raymond Blanc decides who will become his partners and open their own restaurant. The contestants return to the chef's home town of Besancon and attempt to attract local customers. Last in series. (T) 9.00 Heroes. Matt starts a private security business but struggles to deal with an abrasive client. Life at home deteriorates for Claire, while Nathan confronts a secret from his past. (T) 9.45 Heroes Unmasked. The role of the programme's stuntmen. (T) 10.00 Kath & Kim. Kath prepares a feast for Kel's 50th birthday. (T) 10.30 Newsnight; Weather. (T) 11.20 Snooker: The Grand Prix. (T) 12.10 Snooker Extra. (T) 2.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Get Me the Producer; (T) Get Me the Producer: Floor Manager and Get Me the Producer: Set Designer. 10.30 My Crazy Life; (R) (T) 3 Minute Wonder. (R) (T) 11.00 My Crazy Life; (R) (T) 3 Minute Wonder. (R) (T) 11.30 TV Is Dead? (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 A Place in the Sun. (R) (T) 2.00 FILM: Private Hell 36 (1954). Crime thriller, starring Ida Lupino. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Frieze! It's Art, Don't You Know. Polish artist Wilhelm Sasnal. (T) 8.00 Supernanny. A mother bemoans her husband's lack of support as she struggles to discipline her four children and also hold down a full-time job. Expert Jo Frost offers her advice. Last in series. (R) (T) 9.00 Location, Location, Location: Best and Worst Live! The UK's most attractive and unpleasant places to live. (T) 10.40 Dispatches: Abortion: What We Need to Know. (T) 11.45 Studio 60 on the Sunset Strip. (T) 12.45 Studio 60 on the Sunset Strip. (T) 1.45 The Osbournes. (R) (T) 2.10 The Osbournes. (R) (T) 2.40 Your Face or Mine? (T) 3.05 Greetings from Tucson. (R) (T) 3.30 One-Eyed Jacques. (R) 3.35 Wild Things. (R) (T) 4.20 Science Scams. (R) (T) 4.35 Headland. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.25 Russell Grant's Postcards. (R) (T) 1.35 FILM: Hart to Hart: Two Harts in Three-Quarter Time (1995). Drama, starring Robert Wagner. (T) 3.35 five news update. (T) 3.40 FILM: Murder at the Presidio (2005). Premiere. Thriller, starring Lou Diamond Phillips. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.15 Nigel Marven's Shark Island; (T) 7.15 five news update. 8.00 My Body Hell; (T) 8.00 five news at 9. 9.00 How to Have Sex After Marriage. The experts discover a wife's controlling behaviour may be causing the couple's love life to suffer. The pair are sent to Greece - the scene of their honeymoon - to rekindle their passion. (T) 10.00 FILM: Men of Honor (2000). Uninspired fact-based drama in which Navy recruit Cuba Gooding Jnr resolves to beat racism and become the force's first black diver. Robert De Niro and Charlize Theron co-star. Includes five news update at 10.55. (T) 12.30 Poker World Open III. (T) 2.00 Major League Baseball. 5.10 A1 Grand Prix.

LOCAL

RTP1
0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1500 Football: Cazaquistão V Portugal 1700 Lingo 1800 Portugal em Directo 1900 Operação Triunfo 1905 O Preço Certo 1955 Direito de Antena 2000 News 2100 Em Reportagem 2130 Sabe mais do que um Miudo de 10 anos? 2230 Dresden 0000 Câmara Café 0100 Palavras para Quê... 0130 Captains of the Clouds, film 0400 Telesales 0605 Nós
RTP2
0700 euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 a Fé dos Homens 1900 Biosfere 1945 Zig Zag 2045 Todos Contra o Chris 2115 national Geographic 2200 News 2240 24 2315 Bastidores 2330 Clube de Jornalistas 0030 Notes da 20115 Discovery Hour 0215 Consigo 0245 Bastidores 0315 Biosfera 0400 Soceidade Civil 0600 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0045 One night with The President, film 0215 Sex and the City 0330 Olhar da Serpente
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açucar – Férias de Verão 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 The Silence of the Lambs, film 0230 Toca a Ganhar 0345 TVI Negocios 0400 O Portector IV 0500 Telesakes

Best of the Rest

BBC3
7.00 Spendaholics 7.30 Leave Us Kids Alone: Up Close and Personal 8.00 What Not to Wear 9.00 The Restaurant: You're Fried! 9.30 The Real Hustle 10.00 Heroes 10.45 Leave Us Kids Alone 11.45 I'm a Boy Anorexic 12.40 The Real Hustle 1.10 Spendaholics 1.40 Leave Us Kids Alone 2.35 The Real Hustle 3.05 I'm a Boy Anorexic 4.05 Leave Us Kids Alone: Up Close and Personal 4.35 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Look Out FOUR: Fanny Hill 7.35 Batman 8.00 Michael Palin's New Europe 9.00 Ian Rankin's Hidden Edinburgh 10.00 The Nature of Britain: A User's Guide 11.00 The Mission: Supersonic Dreams 12.30 Arena - The Other Side of the Mirror - Bob Dylan at the Newport Folk Festival 1.50 Arena: Dylan in the Madhouse 2.55 The Nature of Britain: A User's Guide 3.55 Close
ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 Hell's Kitchen USA 8.00 Film: Last Action Hero PG (1993) 10.35 Coronation Street 11.05 Film: The Guru 15 (2002) 1.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Bones 10.00 Bones 11.00 Michael Owen: A Year in the Life Of 12.00 Law & Order 1.00 Street Wars 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Star Trek: Voyager 5.10 Dream Team
UKTV Gold
1.00 Last of the Summer Wine 1.40 One Foot in the Grave 2.20 Keeping Up Appearances 3.00 My Family 3.40 dinnerladies 4.20 Last of the Summer Wine 5.00 Doctor Who 6.00 Murder, She Wrote 7.00 Keeping Up Appearances 7.40 My Family 8.20 dinnerladies 9.00 New Tricks 10.00 Shark 11.00 Men Behaving Badly 11.40 Men Behaving Badly 12.20 The Worst Week of My Life 1.00 Men Behaving Badly 1.40 Shark 2.30 Comedy Connections 3.00 The Lenny Henry Show 3.30 As Time Goes By 4.00 Close Up 4.10 2point4 Children 4.45 Wogan: Now and Then 5.35 Neighbours
TCM
1.00 Madame Bovary PG (1949) 3.00 The Year of Living Dangerously PG (1982) 5.05 Kim U (1950) 7.05 Welcome to Hard Times PG (1967) 9.00 The Shooting Party 15 (1984) 10.50 Body Heat 15 (1981) 12.50 The Last Run 15 (1971) 2.25 Teleshopping 2.45 The Night Digger 15 (1971)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama
7.15 Killer Flood PG (2003) 8.55 Columbo: Strange Bedfellows PG (1995) 10.30 The Dark Is Rising Special 10.50 A Good Woman PG (2004) 12.30 The Da Vinci Code 12 (2006) With Tom Hanks. 3.00 Columbo: Strange Bedfellows PG (1995) With Peter Falk. 4.45 Killer Flood PG (2003) With Joe Lando. 6.25 A Good Woman PG (2004) With Helen Hunt. 8.00 The Da Vinci Code 12 (2006) With Tom Hanks. 10.30 Green Street 18 (2004) With Elijah Wood. 12.20 Two for the Money 15 (2005) With Al Pacino. 2.25 Flesh and Blood 18 (1985) With Jennifer Jason Leigh. 4.40 Killer Flood PG (2003)

Sky Movies Comedy
6.05 Kiss Me, Stupid PG (1964) 8.15 Family Close Up 8.45 Big Bully PG (1995) 10.25 Boys Klub PG (2001) 12.15 You, Me and Dupree 12 (2006) With Owen Wilson. 2.15 Kiss Me, Stupid PG (1964) With Dean Martin. 4.25 Big Bully PG (1995) With Rick Moranis. 6.10 Keeping Mum 15 (2005) With Rowan Atkinson. 8.00 You, Me and Dupree 12 (2006) With Owen Wilson. 10.00 American Pie Presents: The Naked Mile 15 (2006) With John White. 11.45 Keeping Mum 15 (2005) With Rowan Atkinson. 1.35 Comedy Close Up 2.05 Private Parts 18 (1997) With Howard Stern. 4.00 Boys Klub PG (2001)

Sky Movies Action
6.50 Night Falls on Manhattan 15 (1997) 8.50 Fearless 15 (2006) 10.50 Red Dawn 15 (1984) 12.50 Lord of War 15 (2005) With Nicolas Cage. 2.55 Night Falls on Manhattan 15 (1997) With Andy Garcia. 4.55 Fearless 15 (2006) With Jet Li. 6.55 Lord of War 15 (2005) With Nicolas Cage. 9.00 Firewall 12 (2006) With Harrison Ford. 10.50 The Dukes of Hazzard 12 (2005) With Johnny Knoxville. 12.35 Basic Instinct 2 18 (2006) With Sharon Stone. 2.35 Hard Men 18 (1996) With Vincent Regan. 4.15 In the Line of Duty: Smoke Jumpers PG (1996)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1
6.00 World Pool Masters 7.00 WWE: Heat 8.00 International Football 9.15 International Football 11.15 Footballers Golf Classic 12.15 International Football 1.30 International Football 3.30 Live International Football. Russia v England (Kick-off 4.00pm). 6.30 International Football 7.25 Live International Football. Republic of Ireland v Cyprus (Kick-off 7.30pm). 9.30 International Football 11.30 FIFA Futbol Mundial 12.00 Total Rugby 12.30 Sky Sports Classics 12.45 U Can Do It 12.50 Live International Football. Brazil v Ecuador (Kick-off 1.00am). 3.00 International Football 5.00 Close

Sky Sports 2
6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 Cricket 9.00 Adrenaline 9.30 Ginetta Championship 10.00 Live International Cricket. India v Australia. 6.30 Adrenaline 7.00 Judo 8.00 Total Rugby 8.30 International Cricket 10.00 PGA Grand Slam of Golf 2.00 Poker Million 4.00 Close

Sky Sports 3
6.00 Yachting 7.00 Footballers Golf Classic 8.00 PGA Grand Slam of Golf 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Yachting 1.00 NFL: Total Access 2.00 Footballers Golf Classic 3.00 WWE: Bottom Line 4.00 WWE: Afterburn 5.00 NFL: Total Access 6.00 European Tour Weekly 6.30 PGA Grand Slam of Golf 9.30 European Tour Weekly 10.00 Carp Academy 2007 10.30 NFL: Total Access 11.30 International Cricket 1.00 Total Rugby 1.30 Watersports World 2.30 Max Power 3.30 Close

British Eurosport
7.30 Inside Euro 2008 7.45 Eurosport Buzz 8.15 MotoGP 9.00 World Rally Championship 10.00 International Football 11.00 Live Snooker. The Grand Prix. 1.00 Live WTA Tennis. The Zurich Open. 2.45 Live Snooker. The Grand Prix. 5.45 Inside Euro 2008 6.00 Wednesday Selection 6.05 Show Jumping 7.05 Riders Club 7.10 Wednesday Selection 7.15 US Tour Golf 8.15 European Tour Golf 8.45 Golf Club 8.50 Yacht Club 8.55 Wednesday Selection 9.00 Live Snooker. Coverage of the final round-robin matches in the Grand Prix. 10.00 International Football 11.00 Snooker 12.30 Close

Sky Sports Xtra
7.00 A-League 7.30 Powerboating 8.00 World Pool Masters 9.00 The Dogs 9.30 BMX Supercross 10.00 Live Tennis. The third day of the Madrid Masters. 10.00 Watersports World 11.00 Transworld Sport 12.00 Show Jumping 12.30 BMX Supercross 1.00 Adrenaline 1.30 Carp Academy 2007 2.00 Show Jumping 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.15 Skunk Fu! (R) (T) 4.30 Best of Friends. (R) (T) 5.00 Chute. (T) 5.25 Newsround. (T)

5.35 Neighbours. Rebecca's claim that Paul is Oliver's father is immediately dismissed but when she insists on a DNA test they both start to consider the possibility of it being true. Ned continues his search for Mickey, while Sky and Caleb return from Sydney and the Kennedys record some of Tom's life stories. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Ronnie and Roxy's hopes are dashed when Peggy makes an admission. Bradley begins to feel pressured by others, so he hands over the arrangements of the wedding to his mum. Minty is concerned about his fitness, and the Masood family move in to number 41. (T)

8.00 Waterloo Road. A fight club is in full swing at the school and the staff discover Paul is using it to toughen himself up before challenging his violent uncle. He soon plucks up the courage to confront him with a knife, but Jack and Eddie race to stop him. Tom worries newlywed Chlo is going to fail her mock exams and Aleesha and Danielle persuade Karla to audition for the musical. (T)

9.00 Who Do You Think You Are? Four-time Olympic gold medal-winner Matthew Pinsent researches his family tree, uncovering surprising links through his mother to several great characters in the shaping of British history. On his father's side, Matthew unearths a mystery surrounding his grandmother Kathleen's only brother George Macpherson, who died during the Battle of the Somme. Last in series. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Weatherview.

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Who Do You Think You Are? (R) (T) 1.55 Sign Zone: Nigella Express. (R) (T) 2.25 Sign Zone: Kitchen Criminals. (R) (T) 2.55 BBC News 24. (T)

Pick of the Day

The Life and Times of Vivienne Vyle (BBC2, 9pm)

Things seem to go from bad to worse in Jennifer Saunders and Dr Tanya Byron's comedy, which takes a dark, humorous look at the world of daytime television. In the opening two episodes, Jennifer Saunders has seen her character, an ambitious daytime television presenter called Vivienne Vyle, get punched by a guest and make a personal appearance at a cash-and-carry store in a desperate attempt to boost ratings. Things don't look like they're getting any better this week, as a plumbing disaster, an argument with her husband and a stinging verbal attack by a haughty journalist all take their toll. Meanwhile, as if all that wasn't enough to contend with, Vivienne books a pair of drug addicts on to her show after witnessing psychotherapist Jonathan move the normally boisterous production team to tears with his tales of a heroin-riddled home-visit he once experienced. Later, the team host an impromptu therapy session back at the office as Helena finally oversteps the mark with floor manager Carol. Also starring Jason Watkins as Jonathan, Miranda Richardson as Helena and Helen Griffin as Carol.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. The final Midlands heat. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Police continue to question the survivors of the fire but one particular line of enquiry makes Andy suspect that Victoria is trying to pass the blame on to him. Edna has an unexpected visitor and Katie is feeling depressed after receiving her decree absolute but reveals to Chas a secret crush on someone already taken. (T)

7.30 Thames Wildlife Super Highway. Miranda Krestovnikoff examines the diversity of species that live along the historic river's banks between the Thames Barrier and Gravesend, including the water vole and wasp spider. (T)

8.00 The Bill. A paranoid schizophrenic is the main suspect in the case of a prowler who attacked a woman and then stabbed Reg, who answered the call for help. Neil recognises the man as someone he arrested four years previously, and takes pity on him when it emerges he did not receive appropriate medical help at the time and has since been victimised by neighbours on his estate. (T)

9.00 The Whistleblowers. An illegal immigrant carries out a fatal shooting just hours after being smuggled into the country with the apparent collusion of the authorities. An immigration officer contacts Ben and Alisha, willing to expose the corruption she feels is endemic in her workplace - and their investigation leads to unexpected political sources. Richard Coyle and Indira Varma star. (T)

10.00 Commando: On the Front Line. Halfway through their training, the recruits of 924 Troop are pushed to new physical and emotional limits. Meanwhile, Second Lieutenant Bertie Kerr comes under fire from the Taliban. (T)

10.30 ITV News; Weather. (T)

11.05 Frost Tonight.

11.35 Soundtrack of My Life. Midge Ure talks about the trials and rewards of a career in pop and his musical influences. He also performs a selection of hits and previews new material. Sarah Cawood presents.

12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Seasonal Snapshots. (T) 10.50 Seasonal Snapshots. (T) 11.10 Look and Read. (T) 11.30 Watch. (T) 11.45 Pod's Mission. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Snooker: The Grand Prix. The afternoon's last-16 matches. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Snooker: The Grand Prix. Hazel Irvine is joined by Steve Davis and John Parrott for live coverage of this evening's remaining last-16 matches at the Aberdeen Exhibition and Conference Centre. (T) 8.00 The Truth About Property. New series. How far modern-day homebuyers are prepared to stretch their finances. (T) 9.00 The Life and Times of Vivienne Vyle. An interviewer calls Vivienne's husband a kept man. (T) 9.30 The Peter Serafinowicz Show. Darth Vader meets his ideal woman. (T) 10.00 The Graham Norton Show. (T) 10.30 Newsnight; Weather. (T) 11.20 Heroes. (R) (T) 12.05 Snooker: The Grand Prix. (T) 12.55 Snooker Extra. (T) 2.00 BBC Learning Zone. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Get Me the Producer; (T) Get Me the Producer: Make Up Artist and Get Me the Producer: Commissioning. (T) 10.30 The Search for Cool; (R) (T) 3 Minute Wonder. (R) (T) 11.30 TV Is Dead? (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 The Savoy: Checking Into History. (R) (T) 1.50 FILM: Boomerang! (1947). Thriller, starring Dana Andrews. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Frieze! It's Art, Don't You Know. British artists Oliver Payne and Nick Relph. Last in series. (T) 8.00 How Toxic Are Your Kids? Part two of two. Children's products full of chemicals. 9.00 Searching for Madeleine: A Dispatches Special. Five of the UK's top criminal investigators review the case of Madeleine McCann. (T) 10.00 Without a Trace. Jack becomes fixated on Mob boss Sadik Marku. (T) 11.00 The Beginner's Guide to Voodoo. (T) 12.00 4Music: Ibiza Rocks. (T) 12.35 4Music: Dubplate Drama. (T) 1.05 FILM: Page 3 (2005). Premiere. Drama, starring Konkona Sen Sharma. 3.50 Unreported World. (R) (T) 4.15 3 Minute Wonder: Behind the Hoodie. (R) (T) 4.20 Headland. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Russell Grant's Postcards. (R) (T) 1.30 FILM: The Big Game (1995). Feature-length drama, starring Gary Webster. (T) 3.35 five news update. (T) 3.40 FILM: Rough Air: Danger on Flight 534 (2001). Disaster thriller, starring Eric Roberts. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.15 Nigel Marven's Shark Island. Nigel encounters silvertips; (T) 7.15 five news update. (T) 8.00 How to Be a Property Developer. The teams complete their final projects; (T) 8.00 five news at 9. (T) 9.00 The Hotel Inspector. A 33-bedroom Victorian hotel on the Eastbourne seafront. (T) 10.00 Californication. Karen invites Hank to a dinner party with Bill and Becca, to set him up with her friend Sonja, while Hank's agent persuades him to write for a glossy magazine. Lucy Davis guests with David Duchovny. (T) 10.40 30 Rock. (T) 11.10 A Girl's Guide to 21st Century Sex. (R) (T) 12.00 Quiz Call. 4.00 Football Italiano. 5.20 Loch Ness Marathon. (R)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1435 Lingo 1530 Portugal no Coração 1800 Portugal em Directo 1855 Operação Triuinfo 1910 O Preço Certo 2000 News 2100 Grande Entrevista 2145 Sabe Mais do que Um Miudo de 10 Anos? 2245 A Tempestade 0045 Câmara Café 0115 Palavras para Quê...? 0145 They Died with Their Boots on, film 0400 Telesales 0605 Nòs

RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Chris 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animais Como Nós 0030 Noites da 2 0130 Roma 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0245 Sex in the City 0315 Film TBA

TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açucar 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritorio 0200 Cartaz das Artes 0230 Toca a Ganhar 0345 TVI Negocios 0400 Protector IV 0445 Telesales

Best of the Rest

BBC3
7.00 Spendaholics 7.30 Leave Us Kids Alone: Up Close and Personal 8.00 Dog Borstal 9.00 Under 18 and Under the Knife 10.00 EastEnders 10.30 Leave Us Kids Alone 11.25 Under 18 and Under the Knife 12.25 Dog Borstal 1.20 Spendaholics 1.50 Leave Us Kids Alone 2.50 The Real Hustle 3.20 Road Rage Revenge 4.20 Leave Us Kids Alone: Up Close and Personal 4.50 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Doctors to Be: Twenty Years On, the Radiologist's Tale 8.00 Francesco's Italy Top to Toe 9.00 Daniel Libeskind - The Making of an Architect 10.30 The Late Edition 11.00 Party Animals 11.50 Doctors to Be: Twenty Years On, the Radiologist's Tale 12.20 The Cinema Show 1.20 The Late Edition 1.50 Daniel Libeskind - The Making of an Architect 3.20 Doctors to Be: Twenty Years On, the Radiologist's Tale 3.50 The Late Edition 4.20 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Streetmate 9.00 The Black Donnellys 10.00 Secret Diary of a Call Girl 10.30 Entourage 11.00 The Black Donnellys 12.00 Secret Diary of a Call Girl 12.30 Entourage 1.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Cirque - Backstage at the Big Top 8.30 The Simpsons 9.00 Hidden Palms 10.00 Hidden Palms 11.00 Prison Break 12.00 Inside Britain's Fattest Man 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!

UKTV Gold
1.00 Last of the Summer Wine 1.40 One Foot in the Grave 2.20 Keeping Up Appearances 3.00 My Family 3.40 dinnerladies 4.20 Last of the Summer Wine 5.00 Doctor Who 6.00 Murder, She Wrote 7.00 Keeping Up Appearances 7.40 My Family 8.20 dinnerladies 9.00 Only Fools and Horses 10.20 The Catherine Tate Show 11.00 Men Behaving Badly 11.40 Men Behaving Badly 12.20 Only Fools and Horses 1.40 The Worst Week of My Life 2.15 Comedy Connections 2.45 Casualty 3.35 Wogan: Now and Then 4.25 As Time Goes By 5.00 2point4 Children 5.35 Neighbours

TCM
1.00 Edward My Son PG (1949) 3.00 Ask Any Girl U (1959) 4.50 The Journey U (1959) 7.05 The Wreck of the Mary Deare PG (1959) 9.00 The Dead Pool 18 (1988) 10.45 Friday the 13th 18 (1980) 12.35 Hysteria 15 (1965) 2.05 The Night Digger 15 (1971) 3.45 Teleshopping 4.00 Ride Him, Cowboy U (1932)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

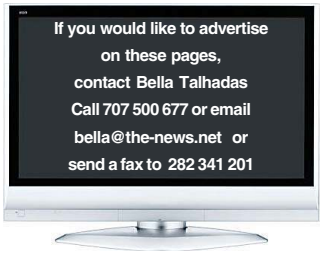
6.20 Joshua U (2002) 7.55 Victim of Love PG (1993) 9.35 Columbo: Butterfly in Shades of Grey PG (1993) 11.10 Between Love and Honor PG (1995) With Grant Show. 12.45 The Saint 12 (1997) With Val Kilmer. 2.45 Columbo: Butterfly in Shades of Grey PG (1993) With Peter Falk. 4.30 Victim of Love PG (1993) With Dwight Schultz. 6.15 Between Love and Honor PG (1995) With Grant Show. 8.00 The Saint 12 (1997) With Val Kilmer. 10.00 Freedomland 15 (2006) With Samuel L Jackson. 11.55 Better Luck Tomorrow 15 (2002) With Parry Shen. 1.35 On a Clear Day 12 (2005) With Peter Mullan. 3.15 A Separate Peace 12 (2004) 4.50 Joshua U (2002)

Sky Movies Comedy

6.00 Best Man in Grass Creek PG (2001) 7.30 Dear God PG (1996) 9.25 Captain Ron PG (1992) 11.10 Krippendorf's Tribe 12 (1998) With Richard Dreyfuss. 12.55 The Dream Team 15 (1989) With Michael Keaton. 2.55 Best Man in Grass Creek PG (2001) With John Hines. 4.25 Captain Ron PG (1992) With Kurt Russell. 6.10 Shopgirl 15 (2005) With Claire Danes. 8.00 Alien Autopsy 12 (2006) With Declan Donnelly. 10.00 The Dream Team 15 (1989) With Michael Keaton. 11.55 Shopgirl 15 (2005) With Claire Danes. 1.45 Krippendorf's Tribe 12 (1998) With Richard Dreyfuss. 3.25 She's Having a Baby 15 (1988) 5.15 Dear God PG (1996)

Sky Movies Action

6.00 Chill Factor 15 (1999) 7.55 Down 'n Dirty 15 (2000) 9.50 Derailed 15 (2005) 11.50 Mr & Mrs Smith 15 (2005) With Brad Pitt. 1.55 Aeon Flux 15 (2005) With Charlize Theron. 3.45 The Top 10 Show 4.00 The Abyss: Special Edition 15 (1989) With Ed Harris. 7.00 Derailed 15 (2005) With Jennifer Aniston. 9.00 Aeon Flux 15 (2005) With Charlize Theron. 10.40 Mr & Mrs Smith 15 (2005) With Brad Pitt. 12.45 The Abyss: Special Edition 15 (1989) With Ed Harris. 3.40 Cotton Comes to Harlem 15 (1970) 5.20 Mastermind PG (1976)



SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Total Rugby 7.00 WWE: Experience 8.00 International Football 10.00 International Football 12.00 Live European Tour Golf. The Portugal Masters. 2.00 FIFA Futbol Mundial 2.30 International Football 4.30 Live European Tour Golf. The Portugal Masters. 6.30 FIFA Futbol Mundial 7.00 Premier League World 7.30 Live Greyhound Racing. The Northern Puppy Derby. 10.00 Premier League World 10.30 The Rugby Club 12.00 Golf Night 2.30 Premier League World 3.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 Watersports World 9.00 Adrenaline 9.30 Carp Academy 2007 10.00 Show Jumping 10.30 Total Rugby 11.00 Poker Million 1.00 Total Rugby 1.30 Show Jumping 2.00 PGA Grand Slam of Golf 4.30 Total Rugby 5.00 NFL: Total Access 6.00 The Rugby Club 7.30 Golf Night 10.00 Race World 11.00 NFL: Total Access 12.00 Poker Week 12.30 Sports Adventure 1.00 Transworld Sport 2.00 Close

Sky Sports 3

7.30 Carp Academy 2007 8.00 PGA Grand Slam of Golf 10.30 Adrenaline 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 NFL: Total Access 2.00 Adrenaline 2.30 Powerboating 3.00 Watersports World 4.00 Adrenaline 4.30 WWE: Heat 5.30 British Ice Hockey 8.00 The Rugby Club 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 BMX Riding 1.30 ATP Tennis 2.00 Close

British Eurosport

7.30 Yoz Magazine 8.00 World Rally Championship 9.00 International Football 9.45 International Football 10.45 Inside Euro 2008 11.00 Snooker 12.00 International Football 1.00 Live Snooker. The Grand Prix. 4.00 WTA Tennis 5.00 Inside Euro 2008 5.15 Live WTA Tennis. The Zurich Open. 7.00 Live Snooker. Coverage of the final last-16 matches in the Grand Prix. 10.00 MotoGP 11.30 World Rally Championship 12.30 Close

Sky Sports Xtra

10.00 Live Tennis. The fourth day of the Madrid Masters. 10.00 ATP Tennis 10.30 British Ice Hockey 1.00 Adrenaline 1.30 Poker Week 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Live; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.30 Car Booty; (R) (T) Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Arthur. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.15 Skunk Fu! (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.30 The Basil Brush Show. (T) 5.00 Trapped. (T) 5.25 Newsround. (T)

5.35 Neighbours. When Paul decides to ask Oliver if he was intimate with Elle, he lies and says there is nothing for him to worry about. Mickey gets involved in another crime and is left trapped in a house with the alarm ringing and Caleb tries to drive Sky away rather than tell her about his deteriorating health. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 My Family. Janey's baby is due and Susan insists on travelling to Manchester to be present at the birth. On the way, Ben can't resist taking a trip down memory lane. Comedy, starring Robert Lindsay, Zoe Wanamaker and Kris Marshall. (R) (T)
8.00 EastEnders. Peggy's problems close in on her, leaving Roxy and Ronnie in a dilemma. Rachel arrives to take charge of the wedding plans, and Minty is rushed to hospital with a suspected heart attack. (T)
8.30 After You've Gone. Jimmy is admitted to hospital with a hernia, but finds the nursing staff less than friendly due to rumours spread by his ex-wife. Starring Nicholas Lyndhurst. (T)
9.00 Have I Got News for You. Satirical current affairs quiz, with regular team captains Ian Hislop and Paul Merton joined by panelists including comedian Ed Byrne. (T)
9.30 Not Going Out. (T)
10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. Take That visit the studio to talk about their comeback and perform their new single Rule the World, while veteran broadcaster Terry Wogan is interviewed about his book Wogan's Twelve: A Sharp Eye and a Witty Word to Mark the Passing Year. Comedian and writer Peter Serafinowicz also appears discussing his eponymous BBC2 sketch show. (T)
11.35 FILM: Grosse Pointe Blank (1997). Black comedy, starring John Cusack; (T) Weatherview.
1.25 FILM: Carry On Loving (1970). Saucy comedy, starring Sid James. (T) 2.55 BBC News 24. (T)

Pick of the Day

Rebus (ITV1 Granada, 9pm)
There is an unwritten rule that says all TV detectives should be hard drinkers with family problems and an often-combative relationship with their superiors. DI John Rebus is no exception. Here the Scottish copper is looking forward to a well-deserved day off with a pint and a football match, but quicker than you can point out how dull viewing that would be, Siobhan calls - murder is afoot. Edinburgh is playing host to a world-trade summit and a body has been found on the grounds of the hotel where the conference is set to take place. Arriving at the crime scene and true to form, Rebus immediately clashes with Commander Steelforth, the officer in charge of the SO12 unit providing security for the summit, who hopes to sweep the murder under the carpet until the talks are over. When a government minister is found dead at Edinburgh Castle and SO12 seem one step ahead in every avenue of investigation, Rebus begins to suspect Steelforth is hiding something, but this time could the truth be something the detective doesn't want to hear?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goolden and John Burton Race judge the talents of amateur chefs in the Midlands each trying to prove theirs is the tastiest original recipe in Britain. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. The aftermath of the fire has the Sugden family in turmoil with Andy and Victoria's futures still hanging in the balance. Perdy wants to move to America to help speed up their surrogacy plans though Gray is unconvinced until he sees his wife talking to a stunned Matthew about the idea. (T)
7.30 Coronation Street. David is left out on a limb as Sarah and Todd celebrate their truce with a family meal at the Italian, Roy and Hayley return from their trip early and John comforts a tearful Rosie. (T)
8.00 Outing the Touts: Tonight. Report on the increase in Internet crime as online ticket touts regularly fleece members of the public of large amounts of money intended for concerts and sporting events. (T)
8.30 Airline. Richard Oats refuses to let two youngsters board their flight home to Germany, while Steve Milne fulfils a 20-year dream by flying out to Marrakech. At Luton Leo Jones helps a passenger who has forgotten her passport, ruining her silver wedding celebrations, and an eccentric traveller in Bristol thinks he can fly to Malaga without a ticket. (T)
9.00 Rebus. In the tense build-up to a world trade summit in Edinburgh, Rebus looks forward to a well-earned day off - until Siobhan rings to say a body has been found in the grounds of the hotel hosting the conference. When a government minister is later killed in a fall from the castle ramparts, the abrasive copper comes up against Commander Steelforth of the SO12 unit providing security for the summit and, not for the first time, finds himself at odds with the Establishment. Julie Graham guest stars, with Ken Stott and Claire Price. (T)
10.30 ITV News; Weather. (T)
11.05 Numb3rs. A singer is threatened in her home by an intruder and subjected to a series of intimidating letters, causing the FBI to join the hunt for her stalker. (T)
12.00 Make Your Play; (T) ITV News Headlines. 4.10 Under One Roof. (R) (T) 4.30 Under One Roof. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Roar. (T) 8.30 CBeebies: In the Night Garden. (R) (T) 9.00 Me Too! (T) 9.25 Take a Bow. (R) (T) 9.30 Lunar Jim. (T) 9.40 Bob the Builder: Project Build It. (T) 9.50 Tommy Zoom. (R) (T) 10.00 Finley the Fire Engine. (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 Focus. (T) 11.00 BBC Primary History. (R) (T) 11.15 BBC Primary History. (R) (T) 11.30 What? Where? When? Why? (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Snooker: The Grand Prix. The first two quarter-finals. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Snooker: The Grand Prix. Hazel Irvine is joined by Steve Davis and John Parrott to present live coverage of the two remaining quarter-finals at the Aberdeen Exhibition and Conference Centre. (T) 8.00 A Passion for Plants. New series about the Royal Horticultural Society. (T) 8.30 Gardeners' World. Monty Don plants crops in the vegetable garden. (T) 9.00 The Tudors. King Henry comes face to face with Anne Boleyn. (T) 10.00 QI. With Clive Anderson, Jeremy Clarkson and Vic Reeves. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 A Tribute to Ned Sherrin: Comedy Connections. (R) (T) 12.15 The Restaurant. (R) (T) 1.15 Snooker: The Grand Prix. (T) 2.05 Snooker Extra. (T) 3.00 Star Trek: The Next Generation. (R) (T) 3.45 Star Trek: The Next Generation. (R) (T) 4.30 Close.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Get Me the Producer; (T) Get Me the Producer: Producer and Get Me the Producer: Presenter. (T) 10.30 Get Me the Producer; (T) 3 Minute Wonder. (R) (T) 11.30 TV Is Dead? (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 Clarideges: Checking into History. (R) (T) 1.50 FILM: Dead Men Don't Wear Plaid (1982). Film-noir spoof, starring Steve Martin. (T) (bw) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Alleged human rights abuses in China. (T) 8.00 A Place in the Sun: Home or Away. Holiday homes in Wales and France. (T) 9.00 Ugly Betty. Mode's new sandwich guy finds himself the object of Betty's attention, despite both annoying and intriguing her. Meanwhile, preparations are made for the Black and White Ball. (T) 10.00 My Name Is Earl. Randy grows sick of living in Earl's shadow. (T) 10.30 Comedy Showcase: Plus One. (T) 11.05 Father Ted. (R) (T) 11.35 4Music: Transmission. (T) 12.35 4Music: Beat Stevie. 12.50 4Music: 4Play: Craig David. 1.10 4Music: Trocabrahma. (R) 1.55 4Music: Dubplate Drama. (R) (T) 2.25 3 Minute Wonder: Behind the Hoodie. (R) (T) 2.30 Searching for Madeleine: A Dispatches Special. (R) (T) 3.30 Goalissimo. 4.25 Transworld Sport. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.20 Russell Grant's Postcards. (R) (T) 1.35 FILM: 919 Fifth Avenue (1995). Drama, starring Barry Bostwick. (T) 3.35 five news update. (T) 3.40 FILM: Just Desserts (2004). Premiere. Romantic comedy, starring Lauren Holly. (T) 5.30 five news. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Nigel Marven's Shark Island. Concluding the exploration of Cocos. Last in series. (T) 8.00 Nick Baker's Weird Creatures. The alligator snapping turtle; (T) 8.00 five news at 9. 9.00 NCIS. A Marine is found dead at a nightclub. (R) (T) 10.00 Law & Order. Briscoe and Green investigate the case of a couple killed in their apartment, following the trail to the wife of an Army officer responsible for anti-narcotics operations in Colombia. (R) (T) 11.00 Most Evil. The relative rarity of female killers. (T) 12.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 0415 Lingo 1530 Portugaç No Coração 1800 Portugal em Directo 1900 Operação Triunfo 1905 O Preço Certo 2000 Telesales 2100 Avenida Europa 2130 Contra 2200 Sabe mais do que um Miudo de 10 Anos? 2300 A Tempestade 0100 Football Magazina 0130 Cãmra Café 0200 The Ring , film 0345 Só Visto 00445 Telesales 0605 Nòs
RTP2
0700 EuroNews 0715 Zig Zag 1000 Assembleia da República 1300 Zig Zag 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1715 National Geographic 1815 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Todos Conta o Chris 2115 National Geographic 2200 News 2240 Irmãos e Irmãs 2330 Vidas 0030 Noites da 2 0130 Bastidores 0200 Flip 0230 Arte & emoção 0300 Siciedade Civil 0430 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI Las Vegas 0130 Oxigen, film 0330 Polhar da Serpente
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Mundialito de Futebol de Praia 1700 Quem Quer Ganha 1745 Morangos com Açucar – Ferias de Verão 2000 News 2115 Euromilhoes 2130 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030 Deadly Charades, film

Best of the Rest

BBC3
7.00 The Most Annoying Pop Songs We Hate to Love 8.00 Leave Us Kids Alone: Up Close and Personal 8.30 The Real Hustle 9.00 Torchwood 9.50 Torchwood Declassified 10.00 EastEnders 10.30 Leave Us Kids Alone 11.30 The Real Hustle 12.00 Family Guy 12.20 Family Guy 12.45 The Most Annoying Pop Songs We Hate to Love 1.40 Leave Us Kids Alone 2.40 Torchwood 3.25 Torchwood Declassified 3.40 The Real Hustle 4.10 Leave Us Kids Alone: Up Close and Personal 4.40 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 European Roots 8.30 Transatlantic Sessions 9.00 Legends: Al Bowlly - The Very Thought of You 10.00 Doctors to Be: Twenty Years On, the Radiologist's Tale 10.30 QI 11.00 Flight of the Conchords 11.30 Batman 11.55 Batman 12.20 Charlie Brooker's Screenwipe 12.50 Legends: Al Bowlly - The Very Thought of You 1.50 Transatlantic Sessions 2.20 European Roots 3.20 Legends: Al Bowlly - The Very Thought of You 4.20 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 The Xtra Factor 9.00 Katie & Peter: Unleashed 10.00 Katy Brand's Big Ass Show 10.30 Streetmate 11.30 Coronation Street 12.00 Katie & Peter: Unleashed 1.05 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Are You Smarter Than a Ten Year Old? 9.00 Project Runway 10.00 Film: The Truman Show PG (1998) 11.55 Lovespring International 12.25 Star Trek: Voyager 1.25 Star Trek: Voyager 2.15 Star Trek: Voyager 3.05 Star Trek: Voyager 3.55 America's Dumbest Criminals 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.00 My Family 1.40 The New Adventures of Old Christine 2.10 The New Adventures of Old Christine 2.40 Dancing with the Stars 4.00 Dancing with the Stars 5.00 Doctor Who 6.00 Murder, She Wrote 7.05 The Vicar of Dibley 8.00 Dancing with the Stars 9.20 Dancing with the Stars 10.20 EuroMillions: Boom Bang a Bang 10.30 Film: Blue Streak 12 (1999) 12.20 My Family 1.00 My Family 1.40 The Worst Week of My Life 2.15 Comedy Connections 2.45 The Lenny Henry Show 3.15 Waiting for God 4.15 Casualty 5.10 Neighbours 5.35 Neighbours
TCM
1.00 Mrs Soffel PG (1984) 3.00 The Champ PG (1979) 5.20 Elvis: That's the Way It Is PG (1970) 7.15 The Law and Jake Wade U (1958) 9.00 Where Eagles Dare PG (1968) 11.45 Blow-Up 15 (1966) 1.35 Teleshopping 1.55 The Shoes of the Fisherman U (1968)
The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Nancy Drew U (2002) Drama, starring Maggie Lawson. 9.30 Film: Nancy Drew U (2002) Drama, starring Maggie Lawson.

MOVIES

Sky Movies Drama

6.25 Redemption of the Ghost PG (2001) 8.25 Columbo: Murder - A Self Portrait PG (1989) 10.05 Stardust Special 10.25 The Weather Man 15 (2005) 12.10 Prefontaine 15 (1997) With Jared Leto. 2.10 Columbo: Murder - A Self Portrait PG (1989) With Peter Falk. 4.00 Redemption of the Ghost PG (2001) With Diane Ladd. 6.00 Prefontaine 15 (1997) With Jared Leto. 8.00 The Weather Man 15 (2005) With Nicolas Cage. 9.45 The Devil's Advocate 18 (1997) With Al Pacino. 12.10 Dark Water 15 (2005) With Jennifer Connelly. 2.00 Obsessed 12 (2002) With Jenna Elfman. 3.35 Boys 15 (1996) 5.05 Kissed by an Angel PG (2000)

Sky Movies Comedy

7.10 The Red Sneakers PG (2001) 9.10 Princess Caraboo PG (1994) 10.50 His and Her Christmas PG (2005) 12.30 The Red Sneakers PG (2001) With Dempsey Pappion. 2.30 Family Close Up 3.00 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 4.40 Princess Caraboo PG (1994) With Phoebe Cates. 6.20 Pretty in Pink 15 (1986) With Molly Ringwald. 8.00 Life 15 (1999) With Eddie Murphy. 10.00 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 11.35 Pretty in Pink 15 (1986) With Molly Ringwald. 1.25 Twin Town 18 (1997) With Rhys Ifans. 3.15 Life 15 (1999) 5.10 His and Her Christmas PG (2005)

Sky Movies Action

7.00 Captive 15 (1998) 8.50 The Dogs of War 18 (1980) 10.50 Tristan and Isolde 12 (2005) 1.00 Homeland Security 15 (2004) With Scott Glenn. 2.30 The Dark Is Rising Special 2.50 Captive 15 (1998) With Richard Grieco. 4.35 The Dogs of War 18 (1980) With Christopher Walken. 6.35 The Top 10 Show 6.50 Tristan and Isolde 12 (2005) With James Franco. 9.00 Sahara 12 (2005) With Matthew McConaughey. 11.05 Unleashed 18 (2005) With Jet Li. 12.50 Sahara 12 (2005) With Matthew McConaughey. 2.55 Across 110th Street 18 (1972) With Anthony Quinn. 4.40 Angel Flight Down PG (1996)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 FIFA Futbol Mundial 6.30 Premier League World 7.00 WWE: Raw 9.00 The Rugby Club 10.30 Premier League World 11.00 Transworld Sport 12.00 Live European Tour Golf. The Portugal Masters. 2.00 Premier League World 2.30 The Rugby Club 4.00 Premier League World 4.30 Live European Tour Golf. The Portugal Masters. 6.30 Premier League World 7.00 Big League Weekend 8.00 Premier League Preview 8.30 Champions League Weekly 9.00 Live Friday Fight Night. Carl Johanneson v Michael Gomez. 11.00 Premier League Preview 11.30 Big League Weekend 12.30 Champions League Weekly 1.00 Premier League Preview 1.30 World Sport 2.00 Friday Fight Night 4.00 Big League Weekend 5.00 Premier League Preview 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 Race World 9.00 Adrenaline 9.30 Poker Week 10.00 BMX Riding 11.00 Adrenaline 11.30 The Rugby Club 1.00 BMX Riding 2.00 European Tour Golf 4.00 Transworld Sport 5.00 NFL: Total Access 6.00 Rally World 6.30 Tight Lines 7.30 Golf Night 10.00 Big League Weekend 11.00 NFL: Total Access 12.00 NFL Weekly Review 12.30 Golf Night 3.00 NFL Weekly Review 3.30 Adrenaline 4.00 NFL: Total Access 5.00 NFL Weekly Review 5.30 Adrenaline

Sky Sports 3

8.30 British Ice Hockey 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Race World 1.00 NFL: Total Access 2.00 Adrenaline 2.30 British Ice Hockey 5.00 WWE: Raw 7.00 Live Ten Pin Bowling. The opening day of the Weber Cup. 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Ten Pin Bowling 4.00 Tight Lines 5.00 Sportnation

British Eurosport

6.00 Live MotoGP. The Malaysian Grand Prix 125cc practice session. 6.45 Live MotoGP. The Malaysian Grand Prix MotoGP practice session. 8.00 Live MotoGP. The Malaysian Grand Prix 250cc practice session. 8.45 Trial Bikes 9.15 World Touring Car Championship 9.45 Inside Euro 2008 10.00 International Football 11.00 Snooker 11.45 Tatiana's World 12.00 WTA Tennis 1.00 Live WTA Tennis. The Zurich Open quarter-finals. 2.45 Live Snooker. The Grand Prix quarter-finals. 5.00 Inside Euro 2008 5.30 MotoGP 6.30 Timbersports Series 7.00 Live Snooker. The Grand Prix quarter-finals. 10.00 Inside Euro 2008 10.30 African Cup of Nations Draw 10.45 Yoz Magazine 11.15 MotoGP 12.30 Close

Sky Sports Xtra

12.30 Sports Adventure 1.00 Live Tennis. The two opening quarter-finals of the Madrid Masters. 5.00 ATP Tennis 5.30 World Sport 6.00 Sports Adventure 6.30 Moto Plus 7.00 Live Tennis. Coverage of the third and fourth quarter-finals of the Madrid Masters. 11.00 Tight Lines 12.00 Sportnation 1.00 Adrenaline 1.30 Moto Plus 2.00 Tight Lines 3.00 Sportnation 4.00 Rally World 4.30 Moto Plus 5.00 World Pool Masters

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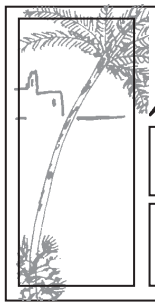

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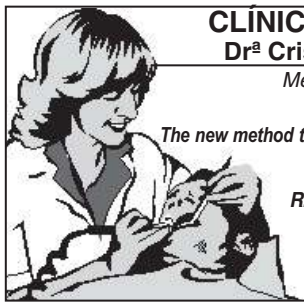

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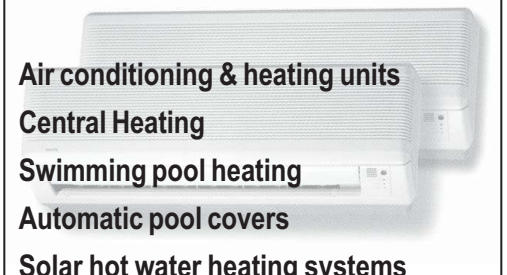

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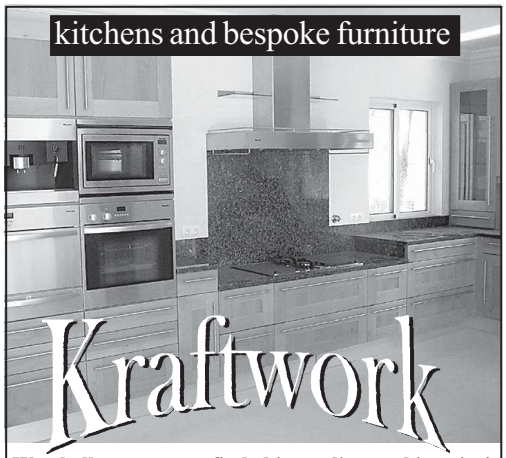

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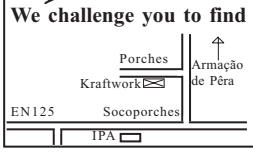

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Upward Glance

with Joyce Voelker

Who Wants to be a Millionaire?

"Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions" Luke 12:15

It is human nature to want more than we have. We want what other people around us have and we want things we really don't need. Joseph Stowell shares this story to illustrate the mindset of our world toward riches and the futility of living to obtain more and more *"stuff."*

A young investor stood looking out into the cool Gulf waters on the end of pier in a small coastal Mexican village. He had worked hard and recently gained his securities license. Now he was taking a little vacation to celebrate this first step in his financial career. As he stood and enjoyed the simple beauty around him, he saw a simple fisherman who had just docked his boat along the pier. In the boat was the fisherman's catch, several large yellow fin tuna. The young Wall Street banker complimented the fisherman on the quality of his fish and asked how long it had taken to bring in the catch.

When the fisherman told him that he had only been fishing a short time that day, the New Yorker asked him why he did not stay out longer and catch more fish.

"I have enough for today," said the fisherman, "this is what I need to feed my family." The fisherman went on to explain his simple yet enjoyable lifestyle which included time every day for sleeping, fishing, playing with his children, taking a nap with his wife and strolling into the village each evening to enjoy laughter and conversation with friends.

"I have been trained in investments and finances," the young executive declared proudly. "What you should do is spend more of your day fishing. Then with the proceeds from your catch you could buy a bigger boat and catch even more. Your bigger profits would then allow you to buy more boats and hire men as captains who will fish for you. To really succeed you would probably need to move away from this small coastal village to a big city like New York or L.A. In fifteen or twenty years you could be a very rich man. Eventually you could be worth millions."

"Millions? Then what?"

"Then you could retire and move to a small coastal village like this one where you could sleep late, fish a little in the morning, play with your grandkids, take a siesta, and enjoy wine and music with your friends in the evening."

The fisherman grinned, tipped his hat at the young advisor, and shook his head as he walked off the pier without a reply.

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page or email joycevoelker@hotmail.com

WHERE TO WORSHIP

Lisbon

IGREJA DO CORPO SANTO, LISBON Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.00pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

GREATER GRACE WORLD OUTREACH has Live(and archived!) upbeat and inspiring Worship Services available for free viewing thru their website www.ggwo.org—the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1 dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N° 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring and culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm- all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S.PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S.Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21.4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30
An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708). **OPORTO** Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 21 385 8604 Fax 21 388 4304 e-mail: celesboa@mail.telepac.pt

Bahá'í Faith – Av. Ventura Terra, nº 1, Lisboa, Telef.: 217590474, E-mail: gae@bahai..pt

IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15/Portuguese 12:00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9:30 every Sunday. Info Rosie Baden-Powell 289 328302; **St. Luke's,** Monte da Palhagueira, Gorjões. (Nr. Sta. Barbara) Holy Communion 11:30 a.m. every Sunday. Info Maxine Srivastava 917 267 948; **Luz** Senora da Luz Holy Communion. 12:00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

ALL SAINTS ANGLICAN CHURCH, ALGARVE - Evangelical worship: First Sunday - Family Eucharist, all other Sundays - Holy Communion with Crêche and Adventurers. 10.30am Community Centre, ALMANCIL (ASCA - Associação Social e Cultural de Almancil). For directions (any time) call 282-380311 or see www@allsaintsalgarve.org.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English · 11am. at St. Lourenço Church - Almancil · 6.30pm. at Four Seasons Country Club— Quinta do Lago — Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto on 966168120 or Vítor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 117, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN LAGOS. Our mission: Matthew 28:18-20. Meeting daily Wednesdays at 7 pm and Sundays at 10.30 am, at Praça Luis de Camões No 14 Lagos. Stefan Saunders (Pastor) Tel 963 165 983.

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel. 282-086804 or 282-697546.

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LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12:30 pm. Portuguese translation available. New address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 968 801 237. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966380404. E-mail: jackieandmo@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

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Oporto

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RIVERSIDE PORTO INTERNATIONAL CHURCH – Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riverside porto.com web site www.riverside porto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO
Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

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CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

Announcements / Notices

DOCKET NUMBER: CP 07N0072

CARE AND PROTECTION TERMINATION OF PARENTAL RIGHTS

SUMMONS BY PUBLICATION

COMMONWEALTH OF MASSACHUSETTS
Juvenile Court Department
New Bedford Division
75 No. Sixth Street
New Bedford, Massachusetts 02740

TO: Marco Dias

Or any unknown, unnamed Person claiming to be the Father of Amari Dias

A petition has been presented to this court by THE DEPARTMENT OF SOCIAL SERVICES, seeking, as to the subject child, Amari Dias, that said child be found in need of care and protection and committed to the Department of Social Services. The court may dispense the rights of the person named herein to receive notice of or to consent to any legal proceeding affecting the adoption, custody, or guardianship or any other disposition of the child named herein, if it finds that the child is in need of care and protection and that the best interests of the child would be served by said disposition.

You are hereby ORDERED to appear in this court, at the court address set forth above, on 11/29/07, at 9:00 a.m., for a PRE-TRIAL CONFERENCE.

You may bring an attorney with you. If you have a right to an attorney and if the court determines that you are indigent, the court will appoint an attorney to represent you.

If you fail to appear, the court may proceed with a trial on the merits of the petition and an adjudication of this matter.

For further information call the Office of the Clerk-Magistrate at 508-999-9700.

WITNESS:
Bettina Borders
FIRST JUSTICE
Clerk Magistrate
Ronald C. Arruda
Date Issued: 10/01/07

DOCKET NUMBER: CP 07N0072

CARE AND PROTECTION TERMINATION OF PARENTAL RIGHTS

SUMMONS BY PUBLICATION

COMMONWEALTH OF MASSACHUSETTS
Juvenile Court Department
New Bedford Division
75 No. Sixth Street
New Bedford, Massachusetts 02740

TO: Marco Dias

Or any unknown, unnamed Person claiming to be the Father of Allyana Dias

A petition has been presented to this court by THE DEPARTMENT OF SOCIAL SERVICES, seeking, as to the subject child, Allyana Dias, that said child be found in need of care and protection and committed to the Department of Social Services. The court may dispense the rights of the person named herein to receive notice of or to consent to any legal proceeding affecting the adoption, custody, or guardianship or any other disposition of the child named herein, if it finds that the child is in need of care and protection and that the best interests of the child would be served by said disposition.

You are hereby ORDERED to appear in this court, at the court address set forth above, on 11/29/07, at 9:00 a.m., for a PRE-TRIAL CONFERENCE.

You may bring an attorney with you. If you have a right to an attorney and if the court determines that you are indigent, the court will appoint an attorney to represent you.

If you fail to appear, the court may proceed with a trial on the merits of the petition and an adjudication of this matter.

For further information call the Office of the Clerk-Magistrate at 508-999-9700.

WITNESS:
Bettina Borders
FIRST JUSTICE
Clerk Magistrate
Ronald C. Arruda
Date Issued: 10/01/07

FACTORY OUTLET bedspreads has had to cancel B.L.I.P., due to unforeseen circumstances. We apologise to all our clients. Please note the shop will be closed on Friday 12th October, we will be open again on Monday 15th October. Many apologies to all our customers. Please come to see us in Alvor, or phone us on Tel.: 282 457 510, or look at www.bedspreadsportugal.com.

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Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

Education

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email: tom.bund@iol.pt
call: 96 343 9839
924-942 alternating

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CONVERSATION-BASED Portuguese group courses starting soon: Beginners: 29 October. Pre-intermediate: 24 October. Individual lessons: all levels. Centro de Línguas de Lagos. Tel: 282 761 070.

PORTUGUESE COURSES for foreigners - English, German, Spanish, French. Contact Cial on 289 807 611 or algarve@cial.pt

CHILD DEVELOPMENT Specialist. Parental Consultations. Linha da Cascais, 914 341 934.

DUTCH LANGUAGE Course at the Universidade do Algarve in Faro. For more information contact 289 800 914 or gefchs@ualg.pt www.fchs.ualg.pt www.neerlandes.org

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ENGLISH DENTAL Surgeon Dr. Francis Haley. Av. 25 Abril, 184-1ºC, Cascais. Tel.: 214 863 012.

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Faro Job Centre Tel 289890100
Rua Dr. Cândido Guerreiro, 45-1º, 8300-318 Faro

Lagos Job Centre Tel. 282 780 100
Rua Teixeira Gomes, Lote 1-C, 8600 Lagos

Villa Real São Antonio Job Centre Tel 281510940
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ALCOHOLICS ANONYMOUS - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Almancil 1.00pm; Almancil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almancil 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Almancil 1.00pm; Portimão 7.30pm. Sat.: Almancil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969.

ALCOHOLICS ANONYMOUS New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. 30 Rua Dr. Parreira, Tavira mobile 916 013 265.

Mums & Tots

Tuesdays 10.00am -12 Noon. Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos.

For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

ALCOHOLICS ANONYMOUS English speaking meetings 7pm Sun., The Crypt, Igreja de Santo António, Av. de Marginal, Estoril; and 7pm Tues., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. (Plse confirm Tues. meeting – mobile. 965 059 949).

ICF MUMS and Toddlers group Pop-ins meet on Wednesday mornings, from 9.45am to 12 midday, in the church fellowships room, The Bridge, in Cedipraia, Portimão. Ages from birth to 3 years. Contact Marina on 964 820 392 for more information.

ELVIS OWUSU, 29 years old, from Ghana would like to correspond with pen pals. He enjoys reading, traveling, movies, music, and browsing the internet. Write to: Elvis Owusu, Ghana Postal Service, Breman Asikuma, C/R, Ghana, West Africa. Email: ofacc@yahoo.com Tel.: 00233 246 214 337.

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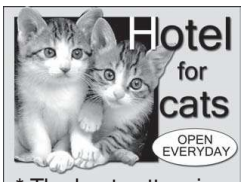

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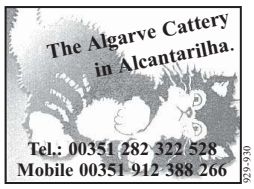

929-930

STOP THE killing! Before buying or breeding pets, consider the many unwanted / abandoned animals looking for homes. Many unwanted pets are euthanized! Kittens: call Nora on 282 459 207 (evenings). Adult animals: call Peter 965 019 796. To find an animal: call Michele 919 457 263. Email Happyhounds@mail.telepac.pt

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JOHN D GRIFFITHS Estate Agency - Lagos, Western Algarve. Rua Marques de Pombal, 30A Lagos. Tel.: 282 760 416 www.johndgriffiths.com info@johndgriffiths.com

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All lines of investigation remain open, says police chief

Following a meeting that lasted little more than two hours at the regional headquarters of the Polícia Judiciária (PJ) in Faro on Wednesday evening, national police director Alípio Ribeiro stressed that all lines of investigation concerning the disappearance of Madeleine McCannn remain open.

National chief of the Portuguese Judiciary Police, Alípio Ribeiro, chats with the new officer responsible for the investigation into the case of Madeleine MacCann's disapearence, Paulo Rebelo (L), at the begining of a press conference, which took place in Faro on Wednesday afternoon. (Photo: LUSA/ Luis Forra)

The police chief was in Faro alongside Paulo Rebelo, who has taken over at Portimão criminal investigation department following the transfer of Gonçalo Amaral to the Algarve capital after he lashed out at British police and the McCann family.

Mr Rebelo has previously worked at the central investigation department in Lisbon where he specialised in narcotics. He was also involved in the long investigation into the child abuse scandal at the state run Casa Pia home in Lisbon, which involved a number of high profile figures.

Speaking on Wednesday alongside Mr Rebelo, who was making his first public appearance since joining the case, PJ director Alípio Ribeiro told journalists that police were expecting results from the Forensic Science Service "any moment now".

Concerning the delay in receiving these results, Mr Ribeiro said: "These are issues that the PJ does not control."

It had been expected that final and conclusive results would be delivered to Lisbon at the end of the week, but this now seems unlikely.

Due to diplomatic concerns, it is probable that the FSS in Birmingham will hand the results over to the Foreign Office, who in turn will deliver them to their Portuguese counterparts in Lisbon. It is expected that before the PJ are given a glimpse of the findings, the FSS report will be handed to the Justice Ministry and only then will police be permitted access to the report.

But concerning lab results received to date by police, Mr Ribeiro remained secretive: "It is premature to assume any position at this moment. We will be entering the field of pure speculation and not I, Dr Guilhermino Encarnação nor Dr Paulo Rebelo would want to cultivate this speculation."

He further stressed: "We currently have nothing conclusive.

"All lines of investigation continue open and will remain so until we have discernment regarding the case."

But the police chief added that investigations will continue along existing lines.

"We hope with calmness and serenity to be able to move a few steps forward in this investigation, which is not easy", said Mr Ribeiro, adding: "There is a team that will continue working this case, but I am sure that Dr Paulo Rebelo will bring new ideas to the investigation."

Despite being a deputy national director, and with a proven track record, Paulo Rebelo will answer to Faro police chief Guilhermino Encarnação, who has led the investigation from day one alongside Gonçalo Amaral.

In a related development, Tavares de Almeida, who has been a leading investigator into the disappearance of Madeleine McCann and was tipped to take over from Mr Amaral, is set to answer to charges in court of torturing a detainee in his custody back in 2000.

The detainee, a rail worker, was accused of theft and was allegedly beaten and tortured by Mr Almeida and two of his colleagues.

Similarly, Gonçalo Amaral is under investigation for concealing evidence surrounding the beating of Leonor Cipriano, mother of a girl who went missing in Portimão in 2004.

Mrs Cipriano and her brother were convicted of killing Joana Cipriano, despite her body never being found, with their conviction based on scientific evidence and a confession obtained by police from the couple during questioning in Portimão, which they now say was obtained under duress.

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EC presents proposals for common maritime policy

The European Commission presented proposals this Wednesday for a common EU maritime policy, one of the key priorities of Lisbon's presidency of the 27-state bloc.

EU diplomatic sources told Lusa that plans for a more integrated approach to maritime issues are aimed to increase Europe's capacity to deal with globalisation, climate change, environmental damage, energy security and sustainability.

Brussels' proposals for more coordination between various sectors using ocean resources such as fisheries, tourism, shipping and renewable energy projects are to be debated at an informal meeting of ministers on October 22.

bowls

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ALGARVE COOL OASIS FOR ALL DRINKING WATER SOLUTIONS

8 page pull-out supplement with useful ideas for interior design, pools, shading, cooling, heating, and much more.

Always room for improvement

It's is that time of year – Summer turns into Autumn and it is time to put away those light clothes, and cleaning your house from top to bottom, get out the duvets and covers and prepare your home for Winter. While you are doing that, you may notice that there is room or improvement. Our supplement is here to help you. There are plenty DIY tips, the latest in bathrooms, shading, swimming pools, air conditioning and heating devices and much more. Pull out and keep this supplement, because you never know when it will come in handy.

This supplement will help you prepare your home for the Winter months.

We start off with the floor basics. Don't be a floor bore. Lavish attention on what's underfoot with our guide to the best flooring solutions, as well as new trends. Gone are the days when carpet was the first choice for floors - now there's a dazzling variety of coverings from classic wood and laminates through to ceramics, stone or practical vinyl.

The style you choose should be the start of your decorating scheme, as a good flooring will outlast several changes of decor in the course of its lifespan.

Ideally, flooring should make a statement, but not dominate your room. Soft and hardwood flooring are popular options, and they can range from simple stripped floorboards through to solid wood flooring. Carpet is soft and luxurious and there's a massive array of styles on offer, while rugs provide spectacular focal points.

The key to success in selecting your floor covering is to choose the most suitable material for your room. Consider cost, maintenance, durability, comfort and style.

Don't be floored by the choice available. Follow our guide to the options from hard and practical to cosy-toe soft.

If you are peparing your home for Winter, you may realise that your home is in need of improvement. (Photo: Press Association)

Stone & Tiles

This flooring has always been particularly good for busy areas such as hallways, kitchens and bathrooms, but is featuring in other areas as the popularity of beautiful stones like limestone continues to grow. Look out for slate, which is back in fashion.

Wood

A good quality hardwood floor, well made and well laid, will become an integral part of a home. Increasingly people are spending more on a solid floor, which they regard as an investment, but look-alike laminates are getting ever more sophisticated in finish and design.

Vinyl, Lino & Laminate

Vinyl and lino, once the poor man's flooring choice, is now anything but. They've bounced back because designers have seized on them and given them brilliant make-overs style wise. They're softer under foot than stone, particularly suitable if you have young children, and visually it's difficult to tell apart from the material it mimics, such as stone or wood.

Eco Floors

Green chic is all the rage and using natural materials for flooring that don't harm the environment is easy if you chose from Crucial Trading's range.

Carpets & Rugs

Carpet - decide what type you require - wool, twist, shag pile, linen, cotton, nylon or tufted.

Always take a sample home, don't skimp on underlay, and ideally invest in a stain inhibiting treatment. The Carpet Foundation offers expert advice on choosing and buying.

Rugs are booming in popularity as they're the ideal top dressing for hard flooring and add softness, texture and most importantly colour.

Trendy Home Colours

Colour's in vogue and the shade range can be bewildering, but at the end of the day it's personal choice. Tricia Guild, creative director and founder of Designers Guild, advises: "As always colour is a very personal issue and in my view I think it is more important that you use the colours that you really love rather than what is fashionable.

"Try injecting colour into your home by adding a colourful throw or a stack of cushions to see which colours you love. Always keep floors and ceilings white or neutral and don't try to use too many colours in one room."

This year ocean colours - aquas, sea greens and blues - are on-trend shades and give a serene vibe that's ideal for Portugal.

There's a host of looks to suit those shades, from the beside-the-sea look with white painted panelling and whitewashed floorboards to a contemporary room enlivened by splashes or blocks of colour.

Add those sunny blues in accessories, blinds or throws, or be bold with blocks of colour on a feature wall, curtains or a rug.

WHAT IS IN FASHION

Chandeliers

Chandeliers are in vogue in today's more decorative homes, and they're a brilliant way of introducing colour and sparkle.

Spruce Up With Stripes

Ease yourself into stripy fever with a few choice accessories. Stripes are a great way to introduce some colour into your home for summer, so choose bright shades or pretty pastels for a softer look.

Cleaning Time

There comes a time of year when we realise that we have to clean the house from top to bottom to prepare it for the next season, here are some of our tips to keep you going:

- Re-stock and sort out the utility cupboard so it's organised and there are plenty of cleaning products and tools.
- Book handymen to clear up outstanding repairs inside and out, and send away any loose covers, curtains or rugs for cleaning.
- Wash duvets and pillows, pack away summer clothes. Clean walls and floors. Launder bedcovers.
- Clear clutter off shelves, sort out cupboards. Give each member of the family a black sack to fill with any unwanted possessions so they can be recycled.
- Dust books, CDs, videos and shelves.

Gabrielle Fagan

Add style and sell

If you are thinking about selling your home, we reveal the top features that will make your home attractive to buyers, what you can do to improve your property and what to look for as a buyer.

If you're planning to put your home on the market and want hordes of eager buyers knocking on your door, your property needs to be 'fit for sale'.

That means it should sport the most sought after features and also be in tip-top condition.

Ian Westerling, sales director at Hamptons International says: "Refreshing a home pre-sale is a shrewd move for potential sellers. Those who do are significantly more likely to sell faster and have a higher number of offers."

There's no need to splash the cash, even giving walls and ceilings a fresh coat of paint can revitalise a jaded home.

And don't just think cream or taupe as soft grey's also popular, and a fashionable choice is a feature wall in a single colour to give a room character.

Westerling says: "Do clear away clutter as buyers want to visualise a space as their own and personal keepsakes and collections can be a distraction.

"But don't forget to set the scene. For instance, present a dining room as though it's ready for a dinner party, and in the rest of the house add colour with accessories like cushions, throws and fresh flowers."

Use our guide to get your home ready for sale with these value-adding features.

Do clear away clutter as buyers want to visualise a space as their own and personal keepsakes and collections can be a distraction. (Photo: Press Association)

Gadgets & Gizmos

Forget those old tricks like conjuring the alluring smells of coffee or fresh baked bread to lure buyers. Now the size of a plasma screen TV has more impact, and the bigger the better.

Amanda Lamb, presenter of TV's A Place In The Sun, says: "Potential buyers are always impressed with modern technology and in my experience it's been known to clinch a sale.

"It doesn't matter that the TV or sound system will no longer be there when they move in, it's simply being able to see how good the house looks with the latest gadgets and equipment."

A Comet survey revealed that one in three buyers were influenced by plasma screens, home cinema systems, American-style fridge freezers, wine coolers and remote control garage doors.

AGENT ADVICE: John East, branch manager for Kinleigh Folkard & Hayward says: "It's all about selling a lifestyle and it particularly influences first-time buyers. Also, people like to be able to see that there's enough room for a large flat screen TV."

Conservatory Chic

One of the easiest ways to follow the fashion for blurring the boundary between inside and out is to add a conservatory, which the Royal Institution of Chartered Surveyors says can add around 5% to the value of an average home.

Nick Fox, director of Housing Units, a Manchester-based furnishing company, says: "Many households are using their conservatories as lounges, which is a good move because these rooms always look better if they are well-used and integrated into the rest of the home."

His tip: Give an existing conservatory a makeover with quality blinds and furniture that will be able to withstand extremes in temperature.

AGENT ADVICE: Nicky Reed, sales negotiator at Savills, says: "Generally, conservatories aren't as popular as they once were because our increasingly hot summers can make them unbearable to sit in. Instead, I think garden rooms with large windows and skylights are finding more favour.

"If you do invest in one make sure it suits the period and style of the house and is properly ventilated and insulated so that it truly is an all-weather room."

Cash In The Attic

Turning a loft into a room can add up to 15% on a home's value, according to property experts.

It's a popular choice with young homeowners, who are most likely to carry out a loft conversion before putting their home on the market. A survey by Birmingham Midshires found that nearly 20% of homeowners aged under 25 opt for the improvement.

Bernard Rhodes, B&Q's building category manager, advises: "Pitched roof constructions mean lofts often have limited space and it's very easy for the area to feel cramped.

"Squeezing in two or three small rooms can make a loft space feel top heavy and out of proportion to the rest of the house. Instead, opt for converting the space into a single large bedroom."

His tip: Utilitise areas behind the eaves as cupboard space, and always insulate. He points out The Energy Savings Trust estimate that 26% of heat is lost through the roof, making uninsulated loft spaces extremely cold in winter.

AGENT ADVICE: John East, a branch manager with Kinleigh Folkard & Hayward, says: "A desirable conversion has an ensuite shower/toilet and enough ceiling height so that you're not bending to move around the room. Opt for a door to the room for privacy rather than a stairway leading directly to it."

Kitchen Appeal

Kitchens are still key in selling properties, and as a rough guide if you spend 5% on a new kitchen it can add up to 15% on the potential selling price. Alternatively, opt for an economical make over with new door fronts and worktops.

Anjum Ahmed from Magnet Kitchens comments: "Buyers look for quality above anything else so don't attempt to install a kitchen yourself unless you're very experienced. A bad kitchen definitely reduces the market value of your home."

He says the most popular kitchen style is Shaker Cream - because of its neutral colour it suits contemporary or modern taste.

His tip: "Be a little more daring and use bold colours such as red, black, metallic or orange which are in fashion, as well as gloss or metallic finishes."

AGENT ADVICE: Anna van Blommestein, senior negotiator for Knight Frank, says: "A stunning kitchen always sells a home because nowadays it's the most used room in the house. Open plan kitchen/dining rooms facing the garden are the top choice. In decoration, colour's back in a big way with glossy coloured units contrasted with plain walls or vice versa."

Splash Out

Giving a dreary, dated bathroom a 'wash and brush up' pre-sale is a must, according to Georgina Brittain, marketing manager for bathroom company Roca UK.

She says: "For the last 10 years kitchens have been more important than bathrooms, however bathrooms are increasingly becoming the means to differentiate from other properties and with so much choice of style and price it is easy to achieve a 'look' on most budgets."

If you're investing in a complete makeover she recommends pure white sanitaryware, but if the budget won't stretch to that her tip is to cleverly maximise space by adding mirrors and storage so toiletries don't clutter shelves.

AGENTS ADVICE: Ian Westerling, sales director at Hamptons International, agrees that white sanitaryware is the best choice, adding: "Ensure tiling around showers and sinks is good quality, and always have a glass shower screen, never a curtain."

Gabrielle Fagan

The coolest ways to warm this winter

Nowadays, state-of-the-art technology is providing us with home commodities and creature comforts that are both practical, stylish, and ecologically-friendly.

This is what acclimatisation specialist Telmo Rodrigues (otherwise known as Mister Cool) deals in the latest equipment for heating and cooling the home.

Complementing his team's professional expertise in installations, equipment maintenance and reparations, is a range of apparatus by market-leading brands, comprising air conditioning units, swimming pool heat pumps, and recently introduced underfloor heating.

Other innovative products available from the popular company are solar panels, to heat water as well as generating energy for underfloor heating systems, as well as intelligent central vacuuming systems that alert homeowners as to when the deposit is full, if the system is overheating, etc.

Pool heat pumps that run on renewable energies and warm water even in environmental temperatures as low as –5º can also be found through Mister Cool, along with a full range of SonnenKraft products, of which the company are official authorised agents.

Sonnenkraft solar systems are incredibly popular and widely used in Northern Europe, namely Scandinavian countries and Germany. Here in Portugal, following new legislations and EU requirements, all installation carried out by Mister Cool are undertaken by specifically trained members of staff and are overseen by specialised SonnenKraft engineers.

Established seven years ago, Telmo Rodrigues's Mister Cool has an enviable reputation for quality products and excellent customer service, as well as unbeatable prices.

Call now to make the most of a special opportunity to purchase a Rock York 'Inverter' air conditioning unit, running on ecological gas, from €600 (9BTUs) or €700 (12 BTUs), whilst stocks last.

Daikin, Sharp, Samsung, and Electra are other renowned names starring at Mister Cool's, and all units are covered with a 36-month guarantee.

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Out of the blue

Blue's the perfect colour for Portugal and conjures images of azure skies and coastal retreats. We pick out the best blue homeware and accessories.

Blue's the most popular colour for decorating. No wonder - it reminds us of bright sunny skies, glittering seas, and turquoise pools.

It's a natural choice for seaside themes, and the classic pairing of blue and white with touches of red will give a crisp nautical feel, or use pale blue with white washed wood for beach house chic.

Mixing blue with aqua, turquoise and splashes of silver conjures a sophisticated look, while slate blue teams well with vanilla, warm coffee shades or pale greens.

Blue naturally complements subtle orange shades - think of a stunning sunset over the sea - so will enhance mid-toned woods. Or dive into blues by using patterned fabrics, blinds, or accessories like cushions or a throw against the background of a neutral scheme.

Do remember in north facing rooms to choose shades that have a hint of yellow, such as lavender blues, which are warmer and will counteract a cold light.

Bask in blues by choosing from our selection of the best furnishings and homeware.

Kitchen Blues

Blue's an ideal colour for kitchens, and the cooler, paler shades work particularly well.

Paint walls in a blue shade and contrast with fashionably glossy white units, or really take the plunge with blue units.

Dining Blues

Dive in and paint walls a deep blue for a subterranean feel, or simply use blue dinnerware on a pure white tablecloth for a stunning contrast.

Get a seashore feel with a beautiful white linen tablecloths, runners and napkins hand embroidered with a hint of blue to make sure everything co-ordenates.

Bedroom Blues

Soft blues are the perfect soothing colour for a bedroom, but make sure you're not in a north facing room as it could give a chilly feel.

Wake up to turquoise skies no matter what the weather outside by dressing windows with some turquoise shutters.

Hang up a blue mirror to add a statement, and to appear to make the room bigger.

Invest in blue bedlinen from for the final touch.

Bathroom Blues

Blue is a top choice for bathrooms and devotees could go overboard with a blue free standing bath.

Gabrielle Fagan

Blue is a top choice for bathrooms and devotees could go overboard for a blue free standing bath. (Photo: Press Association)

Iberia Bathrooms, wet-room specialists

Currently massive in the UK and the world of interior design, wet rooms – the latest bathroom 'must-have' – are now available right here in the Algarve, courtesy of Iberia Bathrooms.

Wet-rooms are generally described as 'walk-in showers', but in reality they are much more. They are convenient, safe, and make the most of any bathroom space, no matter how small or large, as well as fitting in perfectly with all styles of design, contemporary, classic, rustic or any other. They are ideal for the disabled, and offer a more spacious showering experience than any cubicle could ever create.

This means the end of sliding doors or sticking plastic shower curtains. Never again need you feel closed in a small space with little room for maneuvering.

All that is required to create a 'wet-room' is a thick, toughed glass partition that can be cut and personalized to any shape or design. The glass is used to guard the rest of the bathroom from the shower's spray, though as most bathrooms are tiled and have ceramic fittings, water is not a worry. Glass's transparency further contributes to the feeling of openness and space.

Therefore anyone can have a 'Wet-Room', whether you live in a high-rise apartment, a caravan, on a boat, or in a beautiful luxury villa. The simplicity of their installation also means you can convert a spare room into an indulgent wet-room, where you can shower in bliss. Furthermore, with new laws coming into force concerning disabled facilities for rental properties and guest accommodations, wet-rooms are an ideal solution.

Using Quick Drain, a revolutionary system available with a 50mm or 35mm water seal for tile or stone finishes. Floors are re-set with a gradient that allows water to drain effectively without flooding, to one side only. Worldwide this is the only drain which can be placed against the wall and has a high water drain capacity (28 litres per minute for a 900mm drain), which can be raised by use of an extra siphon. There is easy cleaning due to the removable trap and the drain is made of stainless steel grade 316 marine. This coupled with Tilesafe, an under-tile waterproof membrane, which is guaranteed for the life of the tile, creates the perfect partnership. Of unique quality, the membrane, named 'Tilesafe Membrane' is manufactured in, and imported from, the UK, a bi-product of recycled petrol fuel, and therefore environmentally friendly. Currently neither products are available elsewhere on the Portuguese market; Iberia Bathrooms have the sole rights to Tilesafe and Quickdrain in Portugal and are fully trained in the installation techniques.

As well as installing wet-rooms, Iberia Bathrooms also undertake full bathroom suite installations, as well as like-for-like refurbishments, and other related tasks including extending walls, creating suspended ceilings with inset spot-lights, electrics and plumbing, and fitting extractors.

Richard Gibson, who saw a niche for wet-room specialists after moving here five years ago, established Iberia Bathrooms at the beginning of this year after researching and training to offer the best product and service possible. A stonemason by trade with over 15 years experience, Richard now lives in Praia da Luz with partner Alex and their baby Tomas. His career has included refurbishing an array of UK properties, from places of National Heritage like stately country homes to some of London's top hotels, and transforming many 'not-so-nice' bathrooms into objects of beauty.

His services cover the entire Algarve.

For more information or a free quote, contact Iberia Bathrooms on: (+351) 282 695 675, 966 841 603, e-mail: info @iberiabathrooms.com, or see website: www.iberiabathrooms.com.

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Lad pad chic

Creating a bachelor pad that's a magnet for girls as well as guys means you need more than just a TV and a sofa. We check out the stylish kit that could transform your space.

These days the golden rule for contemporary lads' pads is subtle accessorising, so start off by mixing sleek, cutting edge designs with a sprinkling of well-chosen decorative objects to imply a little leaning towards the artistic. (Photo: Press Association)

A word of advice, boys - if you want to create a stylish bachelor pad that's as much a magnet for gorgeous girls as it is for rowdy evenings in with the lads, you'll need more than a huge TV, a fridge full of beers and a comfy old sofa!

These days the golden rule for contemporary lads' pads is subtle accessorising, so start off by mixing sleek, cutting edge designs with a sprinkling of well-chosen decorative objects to imply a little leaning towards the artistic.

If slinky females are your bag, a liberal smattering of lilies or roses in bold, angular vases and a tiny dose of leopard print never goes amiss, but rather than being dominating, these small details should make the flat feel cosy and homely.

"Go for an eclectic style by mixing different styles of furniture and materials in the bedroom," suggests And So To Bed's interior designer Wayne Clarke.

"Make sure to include masculine elements such as a contemporary glass and chrome bedside tables, chunky black bedside lamps, dark stained walls in the bathroom, wooden floors, and undressed windows.

"Balance this with feminine touches like luxurious leather, delicious white crisp linens and quilts, pillows piled high, cashmere throws, pale walls, and flowers."

And if you want to take the girly look a bit further, remember that any room can be easily softened with the addition of cushions, rugs, artwork, and painted furniture.

Bachelor Bedrooms

The bedroom is a sacred place for any discerning bachelor worth his designer boxer shorts, so what better way to make a truly masculine statement where it matters most than with leather?

Add a touch of old-style glamour to your boy boudoir with leather chair in classic chocolate brown. And while you're working that old-school James Bond vibe, turn your functional bedside table into a mini work of art with a versatile lamp.

As every girl about town can testify, even a single guy's sleeping quarters should smell fresh and inviting, so get your paws on some aromatherapy candles

Sitting Room Studs

Whether it's watching the Big Match live with a bunch of mates or indulging in a bit of romantic entertaining, one of the biggest style trends in lounge design this year is the funky hang-on-the wall fire.

Of course, seriously stylish seating is essential, and it doesn't get much sharper than German designer Rolf Benz's 540 sofa. This effortlessly elegant lounge centrepiece comes upholstered in a manly shade of charcoal Alpaca fabric - a versatile, eco-friendly material that's temperature responsive while staying soft and cosy.

There are going to be occasions in any busy bachelor's life when it's best that the lounge curtains are drawn! But rather than hanging swathes of heavy fabric, opt for chic and unfussy louvred shutters to allow that perfect balance of light and privacy.

Finally, no bachelor pad would be complete without a touch of fine art adorning the walls so take your pick from Obsession Art's nude, erotic and figurative originals and canvas prints, and 55Max's classic photography and movie and music posters. Or make your own unique wall decoration with your own photos.

Bathrooms For Boys

Scrub up perfectly with a boy's bathroom that's set to impress even the coldest of ice queens. Get yourself squeaky clean with a wall-hung washbasin in white or glossy black and a walk-in shower enclosure and shower tray.

Guy's Gastro-gadgets

Even if you're not quite up to Jamie Oliver standard, if you want to lure the ladies you'll need the kind of kitchen that makes it look like you can rustle up a mean steak tartare and are a devil with chocolate desserts!

To enhance your image as a sexy chef, get your hands on the deluxe wine cooler. Another must-have kitchen gadget is innovative flip down TV sleek, flatscreen TV/DVD with built-in radio and MP3 player is discreetly mounted under the wall units or on the wall and, as the name implies, can be flipped down when you want to watch it - and then flipped up out of the way! Magic.

Emma Pomfret

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Superior shade

By putting the 'sexy' into shade, *OZ Shade* have turned something that is becoming more and more a necessity into something that is also very desirable.

From humble beginnings, just over five years ago, local company *OZ Shade* are consistently the best choice when it comes to long lasting UV protective shade.

No-one can beat OZ Shade when it comes to value for money. "Price is what you pay, value is what you get." Investing in a quality shading system adds value to your property as well as vastly improving your everyday lifestyle.

Quality materials, innovative design and superior customer service have put this fast growing business firmly at the forefront of the budding European shade industry. Their work is recognised among the best in the world and is keeping people covered not just around their homes but also in the streets of the city of Arraiolas, in the forecourt of the Centro Cultural Belém, in the new 5 star Hilton 7spa and at the Fortaleza in Praia da Luz, just to mention a few.

The fabrics used are lasting longer than their ten-year guarantees in Australian conditions. OZ Shade design, manufacture and install their systems not only to last at least the life of the fabric but to stay looking great while it does!

Poor quality, badly designed shade installations don't last and they certainly don't look good for long. Whether your shade needs are big, small or anywhere in between, the friendly experienced team at *OZ Shade* are there to help you achieve exactly the right shade and effect for your individual requirements.

So don't wait until the summer rush to make the most of your outdoor areas, call *OZ Shade* now and let them show you how they put all other options well and truly in the shade!

Call 282 968 322 or 914 950 111, e-mail info@oz-shade.com, visit www.oz-shade.com or visit their office on the EN125 right next to the access roundabout to junction 3 to the A22.

Premium service with premium product

M2M blinds was formed in January 2007 by husband and wife partnership Denny and Andrea Bird ,with the mission statement: "To offer a premium service with a premium product", into Portugal, targeting both the expatriate, and Portuguese market. Denny, with 17 years manufacturing experience, eight of which were running his own company, and Andrea's 12 years of sales, marketing and advertising experience, believe that their shared experience gives the optimum end product for their customers.They pride themselves on being a quick, reliable and friendly service provider who do deliver what they say they will on the dates stated. Originally they started the business to offer customers a comprehensive range of internal window blinds, that just was not readily available in Portugal.

This side of the business has steadily grown over the months, and with a range of styles including vertical, roller, venetian and many others - and a variety of finishes such as wood, aluminium, and fabrics, which include solar reflective with many choices of colours and textures ,you can see why *M2M blinds* are a popular choice. If you looking for internal shade or privacy they have a solution for everybody.

M2M blinds have now decided the time is right to expand the business to include a large range of flyscreens that are available in many different aluminium colours and finishes. Styles include roller and pleated, operating both vertically and horizontally, fixed screens and many others. They should have a solution to keep those unwanted guests out of your home.

Denny and Andrea believe in their ,'we come to you' approach and unlike most companies they do cover all areas .

This makes it so much easier and more comfortable for their customers to make the choices in styles, colours and finishes.

So if it is internal window blinds or flyscreens you are looking for why not give them a call for a free no obligation quotation.

You can see Denny on stand B28 at this weekends BLiP - Better Living in Portugal exhibition - at Exporade in Portimão, where their full range of products will be on display. Call (+351) 286 518 059, or (+351) 932 894 709, or e-mail m2mblinds@hotmail.com for more information.

Don't miss M2M blinds on stand B28 at this weekend's BLiP - Better Living in Portugal exhibition - at Exporade in Portimão, where the full range of products will be on display.

We come to you

Choose in the comfort of your own home

- We have a variety of blinds to choose from: vertical, roller, pleated, pleated roof, venetian wood & aluminium, woven wood & perfect fit window blinds
- Choose from our extensive range of fabrics including solar reflective & black out
- Pleated & roller horizontal and vertical operating flyscreens and many other types
- Aluminium available in several colours
- Free measuring and fitting
- Everything is made to measure to customers individual requirements
- All products carry a 12 month guatantee

Contact us and we will come to you!
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Aldeia Nova da Favela, 7670-266 Ourique

M2M BLINDS
see how we measure up

Pure Pools, providing a warm pool throughout the year

Though summer is now passing the swimming pool season can be extended for you to enjoy the use of your pool on those warm Algarvean days.

Based in Lagos, Pure Pools are swimming pool specialists with over 15 years experience, and cover the whole of the Algarve. The company provides a service which is second to none, supplying Spas, Pool Heaters, Automatic & Manual Covers, and Pool Safety Fencing of the highest standard.

A swimming pool titanium heat pump is the most reliable and ecological way to heat your swimming pool. They are highly efficient, working by taking free heat from the ambient air and transferring it into the pool water. With the air defrost function they will continue heating your pool even when temperatures drop. This makes heat pumps very reliable in the colder months.

A Pool heat pump is kind to the environment and has **no greenhouse emissions**. Thanks to state of the art heat transfer technology a heat pump can be over 600% efficient. That means for every kilowatt of energy it consumes, a heat pump will transfer up to 6 kilowatts of heat into your pool water.

Installation is easy and the heaters are designed to fit in line with your current pool filtration system. The units should be installed in the open, where they can draw in the maximum amount of warm ambient air.

Pool heating is their business, they have many years experience and thousands of heat pump sales in this market. With their experience and specialization they can offer sound advice to their customers and provide an excellent back up service, if necessary.

In a world of high energy consumption and wastage, we should all be aware of ecological issues. With this in mind Pure Pools always recommend installing a cover to a heated pool. They supply a comprehensive range of bubble covers and automatic slat covers with options for child safety protection readily available.

Contact Pure Pools on (+351) 282 760 033, mobile: 919 517 868, fax: 282 760 034, info@purepools.com. www.purepools.com or call into their Lagos showroom.

Clean, silent, safe and simple

One of the few disagreeable aspects of the Portuguese climate is the cold and damp winters. Foreign residents in their first year are generally oblivious to this, but often the cold and damp can chill right through to the bone. Whether it is our blood thinning or change in eating habits, remains a mystery. How many times do we hear, that for nine or ten months of the year all our basic clothing requirements, can be filled by a T-shirt and shorts?

But do you wake up in the winter months dreading getting out of bed and dressing in damp clothes? Do you sit down in the evening and end up putting on extra layers?

These discomforts may be solved by installing Heatwafer, low wattage radiant heating panels. They are clean, silent, safe and simple. An objective way of heating that warms people rather than a great mass of wasted air.

Radiant heat moves in straight lines. Heating up every solid object in its path, including people, but without heating the air (unless it's very dirty), in a similar way to the sun's rays. These objects then act as lots of small heat converters, giving off their own gentle heat, and stopping people losing heat to cooler surroundings, i.e, walls, floors, table or chairs, etc.

Fact: People actually accept radiant heat better than they accept any other form of heat, e.g. radiant heat is used to keep babies and chicks warm.

Fact: In the USA heating experts built a room with every form of heating commercially available, in which people were invited to participate in tests, and were asked to set their own comfort levels, using a thermostat with only numbers marked, not temperatures ratings. It was found that with radiant heat they choose a temperature level of 10ºF lower than any other form of heating.

Many of us tend to deceive ourselves, by buying fan heaters or radiators. This type of heating heats the air around us for the time we have these heaters on, and if turned off at night, we wake up to a cold, chilly and damp room in the morning.

The idea of these low wattage radiant heating panels is to leave them running 24 hours a day in the months that they are needed. You'll find them very economical to run – room heaters are available from 250 watt consumption, depending on room size and heating requirements.

These unobtrusive flat white panels blend into the walls and do not invade your room, their slim line design only protrudes a total of 4cm from the wall, neat, tidy and compact. They could not be easier to install, just two screws for hanging on the wall, plug in and rest warm and easy. No maintenance, refueling or hassle. No gurgling or banging, fizzing or popping, completely silent in operation, no fumes or smells, no cleaning or sparks – no moving parts.

Also for your wardrobes there is a 80-watt model, that heats an area of three to four square meters, and would cost only €6,17 a month to run. Bringing on an end to damp and musty smelling clothes and shoes.

Whether you require background heating, or complete heating for your home or workplace, please seek further information about Heatwafer panels. Contact Heatwafer located on the EN125, Carmo, Lagoa. Call: 282 353 403 or fax: 282 353 934.

Hydro Concept Spas, relax the Kiwi way

No home in New Zealand is complete without a spa pool. New Zealanders believe that, due to the spa's numerous health benefits, everyone should be able to afford to buy and run a spa pool. And it is with this is mind that Hydro Concept Spas manufacture and retail their products, offering the very best in home relaxation pools, at the most affordable prices.

The health benefits and advantages of a relaxing spa are well documented, especially for relieving aches and pains and stimulating blood circulation.

Compared to its American counter-parts, Hydro Concept's New Zealand spas are significantly more cost-efficient to run. This is mainly due to the intelligent positioning of the water jets, which are situated in key points to offer an incredible massage where it matters, at the same time reducing energy expenditure and running costs.

All of the spas are fitted in beautiful cedar cabinets with access panels for servicing.

It is recommended that, to prevent the cabinets from aging, the wood should be sanded and stained once a year.

Multi-coloured, energy-saving LED lights are fitted within the spa to create and stimulate moods, and all spas are available in three different colours, blue, black and green, in two different finishes, Marble or Quarite.

There are six models comprising the Hydro Concept Spa range, varying from a four to a seven-person tub. Any home can have a spa, all that is required is a flat, hard-standing concrete or paved area, a designated 16 or 20 amp electrical supply with an isolator, and a hosepipe.

Water is kept warm due to a layer of 50mm-thick foam insulation, and the running costs range between €0.45 and €1.50 per day, depending on the model of spa and the amount of use.

Designed to suit the contours of the human body, the rounded seats are extremely comfortable and are not all of the same height, accommodating various shapes and sizes.

The health benefits and advantages of a relaxing spa are well documented, especially for relieving aches and pains and stimulating blood circulation.

Hot water dilates blood vessels, which increases the flow of oxygen-enriched blood to muscles and joints so aches and pains will fade and leave a feeling of thorough relaxation. Spas also help with arthritis, bursitis, rheumatism, back pain, herniated disk, muscle spasms, soft tissue injury, fibromyalgia, and many other forms of injury.

A hardwearing UV-treated thermal cover made of 60mm-thick hard foam with a galvanised steel spine is included with all spas.

Hydro Concept Spas is a recent arrival on the Portuguese market, after years of successful business in the UK. It is one of only a few companies on the Iberian Peninsula to specialise in New Zealand spas.

For more information, contact Hydro Concept Spas on: mobile: 914 622 543, UK numbers (+44) 116 251 6226, mobile: (+44) 0796 772 8381, or e-mail: hcspas@hotmail.co.uk / info@hcspas.co.uk.

Alternatively, make an appointment to visit HC Spas, where a vast range of stock can be seen.

The best of stone

Rococco can supply traditional wall and floor coverings for Retro Metro Style.

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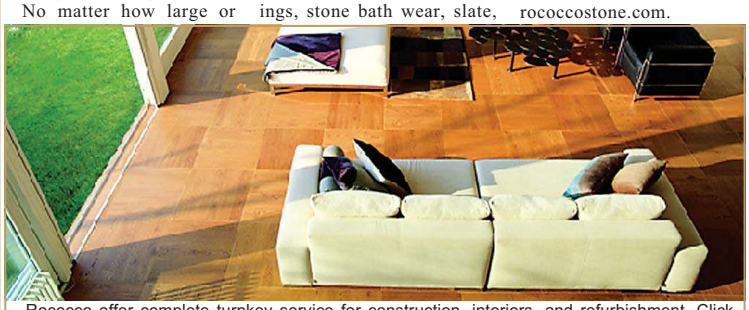
They specialise in everything from mosaics, cobbles and flags, limestone, mouldings, stone bath wear, slate, sandstone and schist, porcelain, ceramic sanitary wear, marble, ceramic, fabrication, terracotta, fireplaces, wall plaque and travertine.

You can find Rococco on Rua Direita, Praia da Luz in Lagos. Call 282 764 035 or 967 839 114 or alternatively, e-mail Rococcostone@msn.com or visit www.rococcostone.com.



Rococco offer complete turnkey service for construction, interiors, and refurbishment. Click on the links above to view sample projects.

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NEW ZEALAND MASTER POOL BUILDER'S GUILD

The art of relaxation...

...is Catalina Spa's motto and one glance at the company's high quality range of hot tubs is enough to convince even the most jaded that the message is right on the money!

From boat building to hot tubs

Catalina USA decided to turn its hand to manufacturing spas for the fledgling US hot tub market around 40 years ago, the company was already on pretty safe ground wet leisure- wise. In business since the first half of the 20th century, Catalina was renowned for its superior boat building skills - a highly competitive market and one which requires the utmost attention to detail if you are to appeal to the exacting requirement of seafarers! Catalina prospered and as the new market for commercially-made hot tubs became apparent, expanded its manufacturing base, creating a range that scored immediate success. Within a very short time, the Catalina brand was at the forefront of the burgeoning sales boom - a position it has consistently enjoyed to this day.

Ian Morris, Commercial Manager of Catalina Spas - Portugal, says "Catalina USA is one of the most respected of the US spa companies as all their spas are hand-built and not mass produced; precise attention to detail gives you the very highest standards of finish using only top quality materials."

"Setting up an operation within Portugal makes perfect sense as the climate in the Algarve is akin to that of California. Having spent 18 months researching the best possible location for our business we decided that Lagoa is not only central to supplying the whole of the Algarve but also gives us good access by road to support our forthcoming dealer network in Northern Portugal".

Try the experience

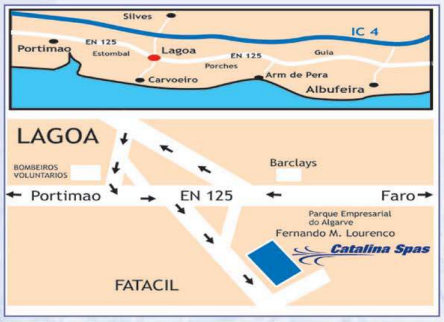
Catalina's showroom has a terrace spa, TV Spa and wet-demonstration spa complete with fibre-optics, Trevi-waterfall and CD system which prospective customers can try in the privacy of an out of office hours appointment.

Ian continues "Spas are a great addition to those who own a swimming pool, as the pool tends not to be used all year around, and also for the rental market. Research shows the privacy of a hot tub, whether on a terrace, roof or patio, is a must for both holidaymakers and golfers who want to relax in the evening without tucking a towel under their arm and heading off to the communal pool."

Pioneering introductions

Catalina spas have pioneered many firsts in the hot tub industry introducing fibre-optic lights, waterfalls, geyser jets and integral sound and built-in audio systems, as well as plasma screen TVs. All spas include the following features as standard: hand crafted mahogany cabinets, overlap quarite shell finish, waterproof spa base, Balboa spa control system, foam insulation, underwater light, rigid lockable insulation/safety cover, corona discharge ozone and chemical starter pack as well as comprehensive warranties.

Ian explains: *"I believe no other company can offer, as standard, the features and benefits that Catalina can offer. Not only is there the fun aspect to a spa but also an ever increasing emphasis on the therapeutic benefits offered through a combination of carefully thought out features. Hydrotherapy can not only caress away stress and help ease the pain of sprains and muscle related injuries but has also been proven to relieve long term problems such as rheumatism and arthritis."*



Hydrotherapy meets aromatherapy

For a complete sensory experience you can add aromatherapy essences, to work on your mind while the water works on your body. These evocative aromas can change your mood by sharpening your senses or creating a feeling of calmness.

In addition to the spa range, Catalina has designed a range of lavish and attractive gazebos and spa houses to enhance the spa. From an airy shelter to a fully enclosed spa room, Catalina can provide the ideal structure- all models are hand-constructed and feature coated metal roofs.

Visit the showroom and let the experts explain how a Catalina Spa can benefit your family's well-being or why not bring your swim suit and find out for yourself!!

Garden Spas, Roof Spas,
Terrace Spas, Health Club Spas,
TV Spas, Swim Spas, Saunas, Gazebos

Please contact - Ian Morris
913 469 013 (mobile) or 282 353 543 (office)

Catalina Spas

Catalina Spas-Portugal
Parque Empresarial do Algarve
CX Postal 440
8400-431 Lagoa
info@catalina-spas.com
www.catalina-spas.com